Because Wellness Matters

WELLBEING: TRAVEL : STYLE: BEAUTY

GLOBALSPA
MIDDLE EAST

www.globalspaonline.com
August-September 2021

7
ULTRA
LUXE
Wellness
Retreats
in UAE

The Pursuit
of ZEN

DUBAI'S
exquisite
CUISINES

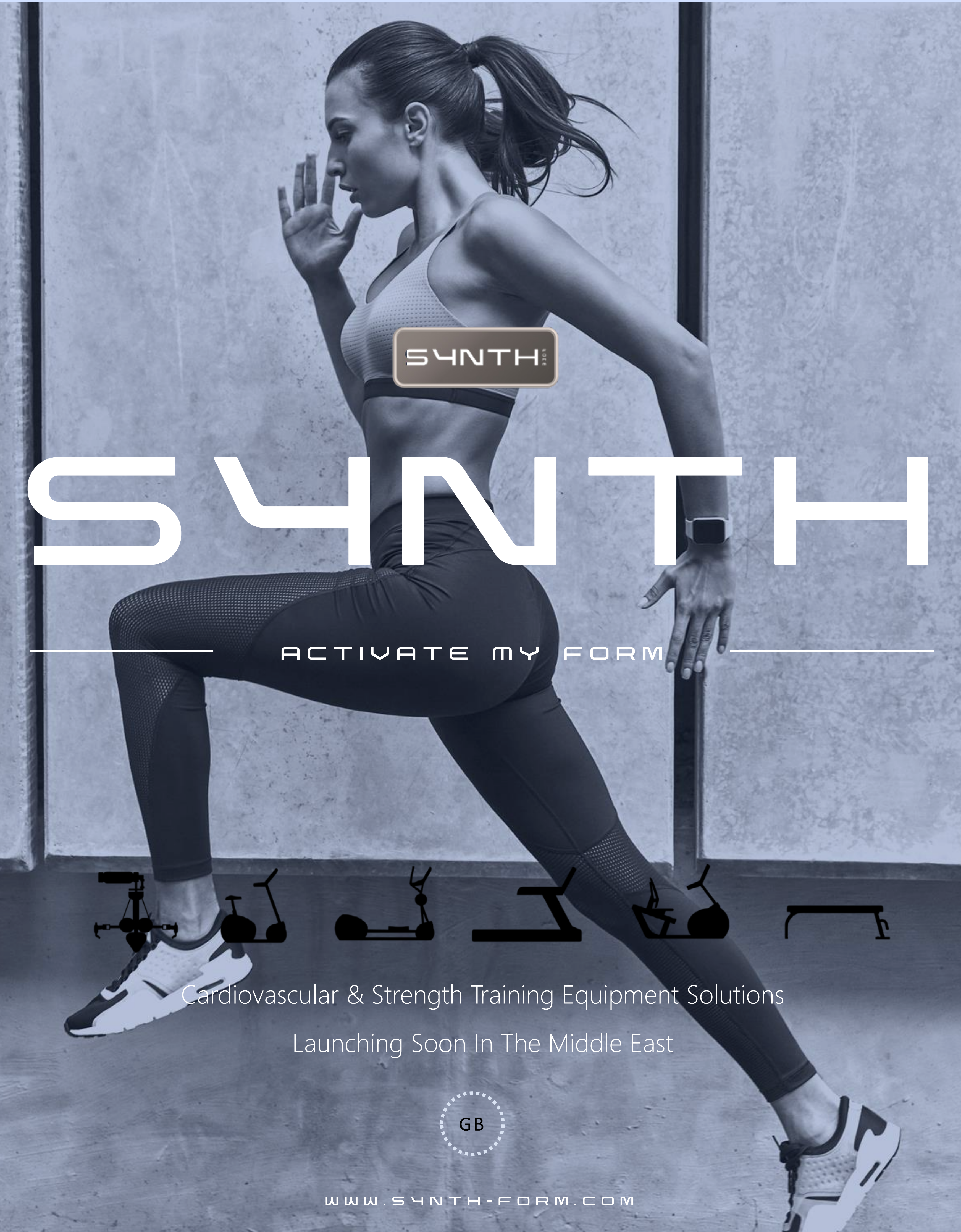
The Secret
of ETERNAL
WELLBEING

THE
AGELESS
BEAUTY

UMA
GHOSH

VISIT…

LANZAROTE Caliente.COM



SYNTH

ACTIVATE MY FORM

Cardiovascular & Strength Training Equipment Solutions

Launching Soon In The Middle East

GB

WWW.SYNTH-FORM.COM

S4NTH
S4NTH
ACTIVATE MY FORM
Cardiovascular & Strength Training Equipment Solutions
Launching Soon In The Middle East
GB
WWW.S4NTH-FORM.COM

GLOBALSPA
MIDDLE EAST
www.globalspaonline.com
August-September 2021

Chief Editor & Publisher:
Parineeta Sethi
parineeta@pinnacleconnect.in

Editor-At-Large:
Ranojoy Mukerji
ranojoy@pinnacleconnect.in

Associate Publisher:
Soumya Maheshwari
soumya@pinnacleconnect.in

EDITORIAL
Contributing Editor: **Shilpi Madan**
Assistant Editor: **Vidhi Gupta**
Editorial Assistant: **Aaron Jacob**
Features Writer: **Vrinda Rastogi**
Editorial Submissions: editorial@pinnacleconnect.in

Middle East representative: **Shweta Chawla**
globalspa.me@pinnacleconnect.in
Call: +971505260059

ART
Graphic Designer : **Rohit Kumar**

Vice President: **Vinit Pandhi**
vinit@pinnacleconnect.in

Mumbai
7th Floor, 705, Makani Centre,
35th Road, Bandra West
Mumbai- 400-050
soumya@pinnacleconnect.in

MARKETING
Web Developer **: Gaurav Sawariya**
marketing@pinnacleconnect.in

CIRCULATION
Manager Admin & Circulation: **Prakash Darge**
prakash@pinnacleconnect.in

CORPORATE
President & Publisher: **Rajiv Sethi**
rajiv@pinnacleconnect.in

Chief Executive Officer: **Abhinav Kaushal**
abhinav@pinnacleconnect.in

GlobalSpa is Published by
Pinnacle Connect LLP

"The best time to plant a tree was 20 years ago. The second best time is now" - is what iterates a beloved Arabic idiom that feels perfect to describe this very moment. Beyond the cusp of new hope and visions, we're tracing a new color on the horizon, and GlobalSpa is ever so thrilled to waltz into the Middle East to introduce its message of 'adopting a wellness lifestyle' with our readers in the region. We invite you all to a world of wellbeing, lifestyle, beauty, travel and style with GlobalSpa Middle East edition.

Presenting our debut issue, we're ecstatic for you to dive right into our treasure trove of stories and conversations that will spark inspiration and joy in your minds. Satiating wanderlust has never looked easier than with our travel guides from the lush and wide to the wild and azure, granted we included our own touch of the country's healing most rejuvenating spas and resorts we can't have you miss out on.

We celebrate our debut edition with three magnificent personalities gracing our cover - Joey Ghazal, the award-winning restaurateur of Dubai's The Maine, UAE'S reigning fashionista, Farhana Bodi, and Middle East's beloved television diva, Uma Ghosh. Unwind for the day as you sit back and embrace their own dreams, aspirations, and journeys as industry's coveted. We have 3 exciting covers for you to enjoy. Look out for all three as we unveil them one by one.

Bring out your inner fashion and beauty guru as you flip through our vanity pages, or immerse yourself in the holy grail of wellness and food wisdom that'll bring balance and love to your being.

It might not all seem like rainbows, but we're beginning to fill in the colors, and we're over the moon to have you walking with us as we embark on this journey. With our love worded on each page, we hope our very first step excites you as much as it does us.

Here's to many more... Happy reading!

Follow us:
GlobalSpaMagazine globalspa_mag GlobalSpa GlobalSpaMagazine globalspa_mag

Parineeta Sethi

Parineeta Sethi
Chief Editor & Publisher

GO

GRAND ESCAPES START HERE

At Grand Hyatt Goa, experience breathtaking views, unparalleled service and endless possibilities

To book visit grandhyattgoa.com

GRAND

GRAND | HYATT™
GOA

CONTENTS

In Spotlight Spa: Holistic Rejuvenation Getaway into the Abode of Luxury 6

In Spotlight Spa: Talise Treats 8

36

Cover Story

Uma Ghosh: The Ageless Beauty

Get a peek into the beauty rituals and diet secrets of the award-winning TV producer, entrepreneur, and wellness coach, Uma Ghosh.

In Spotlight Retreat: A Holistic Heaven Nestled in Nature 10

In Spotlight Hotel: Melia's Tropical Paradise in Chiang Mai 14

In Spotlight Resort: An Azure Treasure 16

In Spotlight Retreat: Fazlani Natures Nest 20

Bon Appétit: An Epicurean’s Paradise 22

In Spotlight Retreat: UAE’s Ultraluxe Wellness Retreats 28

Travel: Ras Al Khaimah 42

Travel: France’s Northern Nook 48

Yoga: Pranayama- More than just Air 53

Tête-à-tête: The Enigmatic Shradha Salla 58

Glam Files: The Fashion Prodigy: Varoin Marwah 62

Irresistible Skincare: Handpicked Beauty 64

Know your Brand: The Luxuriant La Prairie 66

Wellness Wisdom: The Secret to Eternal Well-Being 68

Wellness Wisdom: The Pursuit of Zen 71

Holistic Rejuvenation GETAWAY into the Abode of LUXURY

LUXURIATE IN AN UNRIVALED SPA EXPERIENCE OFFERED AT THE SPA BY ADDRESS BEACH RESORT.

The majestic twin towers of the Address Beach Resort hovers over the picturesque Jumeirah beach in grand flair. The consummate sophistication of the irradiant tower's design is sure to mesmerize all eyes. Hidden within the ritzy tower is an elegant space, bathed in imperturbable serenity.

Illuminated by amber-hued candlelights, the soft-hued drapes quiver hushedly as gleamy mirrors reflect the elegant art sprawled across the pastel walls- soak in the tranquil aura of The Spa by Address Beach Resorts as you relish the panoramic view of the cityscape and the beautiful turquoise waves.

Situated on the 75th floor, The Spa offers tantalizing views of the ocean from all its treatment rooms. Revel in a truly unique, avant-garde wellness experience, offered across its 9 treatment rooms, a steam room, sauna, Couples' Suite, and separate relaxation areas for men and women.

The Spa
AT
ADDRESS

A holistic sanctuary of wellness, The Spa carries within its secret chest, the elixir of rejuvenation. The Spa menu offers an array of immersive treatments, such as facials, body-lift, massage, and reflexology, coupled with their signature rituals that include the Signature Citrus Indulgence, Moroccan Bliss Journey, and the Moisture Miracle Facial & Body. The Spa strives to create an indelible experience for the wellness enthusiast.

Through wellness-centric brands such as marocMaroc, HydroPeptide, Natura BisseBarcelona, and Ling New York, The Spa aspires to bring to their customers, the best of both worlds- mind body soul rejuvenation through the traditional spa therapy combined with modern expertise.

The bespoke facilities at the spa are designed to deliver an opulent experience that satiates one's mind, body, and soul. Hush the maundering chatter of your mind and indulge in the luxuriant Gharieni treatment which uses a combination of multi-layered sound waves that are tuned to the brain, organs, and energy centers of the body. This treatment has a deep therapeutic impact on the body and mind, it also promotes deep healing within. The Spa uses the latest version of the world-renowned Gharieni beds for this treatment.

As a final flourish, comes the Spa's Rhassoul Rooms and Vichy Showers. The Rhassoul treatment is a traditional Arabian cleansing ritual that combines the therapeutic benefits of mud, and steam with heat to ease and detoxify the body. The Vichy shower stimulates the circulatory system with a warm water rain massage which sloughs off dead skin cells, leaving the skin deeply hydrated, plump, and supple.

Relish each moment of your weekend getaway, embosomed in the rejuvenating ambiance of The Spa.

Atop the Address Beach Resort is the World's highest outdoor infinity pool at a staggering height of 964.2 feet. The splendorous infinity pool, situated on the 77th floor, offers a magnificent view of the iridescent waves beneath. At the infinity pool, you may unwind in a private cabana or choose to relax in outdoor sunbeds or gazebos. However, the pool is only open to hotel guests.

The resort also holds the accolade for having the 'Highest Occupiable Skybridge Floor in the World'. The 77-story twin towers are linked by a 210-meter high sky bridge- the highest in the world. Address Beach Resort is a 5-star resort with 217 rooms and suites. Address Beach Residences comprises 443 branded apartments and The Beach Residences by Address consists of 479 residential apartments. The twin towers home both visitors of the resort as well as residents of the apartments by Address. It is undoubtedly, the dream staycation abode with all the amenities one can dream of.

The well-being studio, LVL75 at the Address Beach resort, foregrounds their commitment to wellness. This sea-facing studio offers classes to suit your fitness tastes- from yoga to high-intensity training, LVL75 offers it all.

The resort also provides a state-of-the-art fitness center with certified trainers and advanced equipment. It also has a private beach and multiple pools, open to the hotel guests. The resort has dedicated spaces for children. The Qix Kids Club at the Address Beach Resort is designed with a splash pad and family pool. It also comprises the Qix club that aims to educate and entertain children.

Those not staying at the hotel can visit the poolside bar and restaurant for a peek into the majestic grandeur of the Address Beach resort. The resort offers bewitching views of the Arabian Gulf, Palm Jumeirah, and Bluewaters Island. The towering magnificence of this palatial structure is undeniable.

The resort also presents an array of fine dining choices with The Beach Grill, Li'Brasil, and ZETA Seventy Seven.

TALISE TREATS

WITH LUXURY AND EXTRAVAGANCE AT ITS CORE, THE TALISE SPA AT BURJ AL ARAB DELIVERS A REJUVENATING SOJOURN WORTH SPOILING YOURSELF WITH.

By Misbaah Mansuri

From a moving cabana massage in Koh Samui to a week-long spa getaway in the hills at the world-renowned Ananda in the Himalayas, I have had the most gratifying spa experiences world-over. However, a spa experience at an award-winning spa at the most talked-about seven-star property was waiting to be ticked from the check-list. In a quest to test the spa at the most talked-about property, I booked in a treatment fit for a queen.

Bathed in natural light, the spa, as you would expect, is huge and set over two floors, with separate men's and women's amenities. It features separate indoor infinity pools, Jacuzzi and treatment rooms, as well as saunas, steam rooms and plunge pools. I was looking forward to my experience here as the spa is widely recognised for its usage of the world's most luxurious concoctions in its treatments, including La Prairie, Aromatherapy Associates, QMS and Carol Joy.

Perched 150m above the Arabian Gulf, it came as no surprise that the views of the azure waters of the majestic Gulf from my spa suite were drop-dead-gorgeous. Festooned with the freshest flowers and candles, the stage was set for a plush, spa pampering session. My husband and I were booked in for the extravagant, 120 min 'Royal Rose' couples treatment which included literally head-to-toe pampering with a 30 minute scrub, 60 minutes body massage and a 30 minutes facial.

This delicate and soothing experience began with an organic full body scrub. To my delight, the scrub infused with natural, ambrosial scents of budding flowers showed instant results as I bid adieu to the tan I was stuck with after a recent beachy blast. Post the scrub, my skin truly felt more supple than ever and brightened as well.

This was followed by the Majestic Floral Massage. Here, my therapist used organic shea and jojoba floral butter that not just felt heaven but also helped moisturise my skin. The captivating spa music, coupled with the slow, rhythmic movements of my nimble-fingered therapist kneading my muscles into mush, I felt like I was floating on a cloud.

Then came my favourite part of the experience: a facial that leveraged ravishing ingredients like organic rose, beech bud, aloe vera and argan, which left me with a rosy glow. And days after ditching my makeup, I was struck by how shiny my skin looks. By the end of it, I am amazed at the treatment's ability to nourish not just my skin, but also my soul. I can't help but admit that the Talise Spa is an intimate immersion into a theatrical and primordial spa dreamscape: it's impossible to stop smiling after a treatment here that truly spoils you silly!

A Holistic HEAVEN Nestled in NATURE

AN ESCAPE INTO THE HEART OF NATURE FOR MIND-BODY-SOUL REJUVENATION.

The idyllic aura of Clinique La Prairie soothes the distraught soul, allays the ailing physique, and raises the mind to perpetual calm. Such is the rejuvenating powers of this scenic retreat cocooned between the verdant alps and the tranquil Lake Geneva. With a proud legacy of 90 years to bolster it, the magnificent Clinique La Prairie stands tall as a beacon of healing light, in such uncertain times. Heed to your heart's desire and unwind in the heart of nature at Clinique La Prairie. The ethereal ambiance and the stunning sights of the scintillating Swiss Alps and quiet gurgling of Lake Geneva oft lures one into an otherworldly trance.

Clinique La Prairie recently introduced a new Epigenetic screening service and relaunched its iconic Revitalisation program to celebrate its 90th year in pioneering the science of longevity. "How quickly am I aging?" is something that everyone has wondered about at one point or the other. At La Prairie, you can find the answer to all your burning questions concerning aging, through their advanced epigenetic assessment- a collaboration between the clinic and Genknowme, an innovative life science company that specializes in analyzing the effects of lifestyle on how genes get switched "on" or "off", and how these processes impact wellbeing, health, and aging. This assessment helps measure your biological age and the impact your lifestyle choices have on your genes. The guests are then provided with custom-tailored plans to maintain a healthy lifestyle. Blood-based assessments can also be added to the epigenetic screening, as per choice.

Clinique La Prairie's six-day-long signature revitalization program that targets cellular revival and regeneration, is every wellness aficionado's dream, blended into reality. The program includes DNA testing, complete screenings, and new innovative treatments in medicine, wellbeing, nutrition, and movement The revitalization program focuses on metabolism, inflammation, anti-aging, and strengthening the immune system. The CLP extract, developed through the founder Dr. Niehans' intensive research, has been ameliorated through the years and is central to the iconic revitalization program. The clinic's gifted science experts have added two new activators to the program - a high-performance cellular active and a genomic-based cure.

The HP-Cellular Active is an organic plant complex that is to be taken by the guests every day, throughout their stay. It is a plant-based organic blend produced at the Montreux laboratories. A unique process facilitates the extraction of a master organic substance that improves oxygen supply to tissues, helps regulate oxidative stress, and stimulates cells' properties to improve immunity.

The CLP Cellular Genomic FFS1-5 is composed of five natural active compounds that interact with the genes to regulate cell stimulation. This activator targets the immune system, neuromodulation, anti-inflammation, microbiota recovery, and sleep-wake rhythm. The supplement is given to the guests during their stay and is then to be continued at home for four weeks as a part of the rejuvenation journey.

The guests are also offered an anti-inflammatory nutrition program that aims to improve gut health. Clinique La Prairie's expert dieticians offer bespoke nutritional guidance to guests through a three-phase intervention process that includes: neutralization, rebalancing, and empowerment. The nutritional program targets the specific needs of each guest so that they imbibe transformative wellness habits during the stay.

The new Revitalisation program offers advanced wellness practices such as vitamins and antioxidants IV-infusions, DNA assessment as well as stress-reducing therapies such as regenerative light therapy and neuro-wave stimulation. At Clinique La Prairie, you may also relish the serene ambiance of its award-winning spa offering revitalizing massage and anti-aging facials to the guests.

CLINIQUE LA PRAIRIE MONTREUX

Simone Gibertoni, CEO Clinique La Prairie says, "Clinique La Prairie has dedicated the last 90 years to unlocking the secrets behind longevity and wellbeing. This commitment has resulted in the best treatments and programs to regenerate and rejuvenate body and spirit, strengthen the immune system and enhance physical and mental performance. This quest has resulted in breakthrough science added to the Revitalisation program, complementing the legendary CLP Extract to revitalize every part of the body."

Clinique La Prairie is endowed with a medical team of 50 leading specialists who offer exceptional diagnostic precision and support. With the latest technology in place to assist the guests, Clinique La Prairie has proved its mettle as a pioneer in advanced medical and wellness care, offering bespoke, highly sophisticated holistic treatment modalities. Clinique La Prairie consists of 38 luxury rooms and suites that offer a panoramic view of the mesmerizing Alps. This summer, experience a luxurious holistic treatment in the scenic resort town of Montreux, by the shores of Lake Geneva, overlooking the Alps.

Melia's Tropical Paradise in CHIANG MAI

A PALATIAL URBAN HOTEL IN THE HEART OF THAILAND'S CHIANG MAI TO OPEN ITS DOORS FOR YOU SOON.

Situated at the banks of the magnificent River Ping, this palatial, tropical getaway haven is a sight to behold. An amalgam of Chiang Mai's cultural roots and contemporary designs, Melia Chiang Mai's interior oozes artistic elegance.

The hotel comprises a striking 22-floor tower fronted by an adjoining seven-floor podium building. The elegant décor of Melia is emulated in its two restaurants, two bars, two lounges, and an executive lounge on the 21st floor, where one can relish the panoramic view of Chiang Mai's Night Bazaar, seeping with life. Meliá Chiang Mai's jewel in the crown will be a 360-degree rooftop bar, the highest in the city – on the 22nd floor. Featuring two bars connected by a glass bridge, the bar offers mesmerizing views of the picturesque River Ping to the city's east and the famous Doi Suthep Temple on the mountaintop to the west.

For the wellness aficionado, however, all this glitter seems to fall bleak before the elegant grandeur of Melia's signature YHI Spa. It lures you into its arms like a soothing reverie, with the tantalizing aroma of essential oils, ambient music, and skilled hands, to ease the body and quell the mind. The urban hotel's professional spa therapists combine ancient Asian healing wisdom with modern wellness techniques for a full range of body treatments from massages and scrubs to wraps and facials, that aim to refresh and revitalize the spa-goers. The spa uses HARNN's products, an organic brand that extracts its natural ingredients using traditional Thai methods handed down through generations. The spa also comprises private treatment rooms, designed in an underwater theme to amplify experiences of sensory relief, and a Thai herbal sauna to cleanse, detox, and ease muscle tension. The Spa menu will also provide hydrotherapy rituals that use water as a healing element.

The YHI Spa will provide four single treatment rooms, two double treatment rooms, and one double room for Thai massage. The spa will also include a separate room for pedicures, with two seats.

Specifically crafted for the fitness enthusiast and situated on the second floor, overlooking an outdoor swimming pool, the fully-equipped gym will include treadmills, elliptical trainers, and exercise bikes, as well as a free weights station and a collection of weights machines

Paying homage to Spain's world-renowned cuisine, Melia Chiang Mai features two exquisite dining options. Perched on the 21st floor, the hotel's signature restaurant will specialize in contemporary Northern Thai dishes with Mediterranean influences, with chefs preparing each dish à la minute from an open kitchen. Drawing inspiration from Chiang Mai's Night Bazaar, the all-day-dining restaurant Mosaic will offer authentic Mediterranean cuisine in a vibrant marketplace setting.

Of the 260 rooms, 38 rooms and six suites will belong to 'The Level'- an upgraded level of service and benefits that provide exclusive access to The Level executive lounge, an intimate area for indulging in morning and afternoon delicacies that are also suited for casual business meetings. The epitome of elegance, 'The Level Presidential Suite' will command 113 sqm of the tower's top floor with bewitching city vistas. An idyllic venue for events and weddings, the property's extensive conference facilities include a 358-sqm ballroom, three function rooms on the tower's second floor above the lobby, and a 175-sqm multi-purpose function room on the podium building's top floor.

An azure TREASURE

THE ASMR EFFECT OF THE LIMPID BLUE, THE ECOSYSTEM, AND IMMACULATE SERVICE MAKES ME FALL IN LOVE WITH SONEVA JANI, OVER AND OVER AGAIN.

By Parineeta Sethi

I visited Soneva Jani in December last year when the call of the blue heightened into a much-needed break. Testing negative before and after arriving in Male means I met with the mandatory stamp of approval, before I dived into the startling spread of natural beauty that composes Soneva Jani.

The lavish two-bedroom water villa (with a barefoot butler on call!) unfurled lazily across 8,310 sq ft of sheer luxury, making me squint at the memory of many rambling penthouses back home.

This eco-chic villa designed by Eva Shivdasani, co-founder, Soneva, is the epitome of sustainability - pure and pristine. A slide from the top deck took me straight into the lagoon below and later I soaked up the sun in a private pool facing the lagoon. Add to that, a balcony deck and a sunken seating area as an extension to my villa, and it felt like unlimited decadence. Until I gazed at the star-studded sky at night while lying down as the master bedroom had a retractable roof that glided open at the push of a button. Simply divine.

The ice cream and chocolate rooms on the premises spell manna for the soul. Yes, there is an area dedicated to just these two goodies with every delectable flavour in the world thrown in to meet your little heart's desire. With a dozen dining venues to choose from, the experience just gets headier every moment as chefs curate a personalised menu round the clock.

My feet are shorn of shoes, just as my ears are rid of news. No shoes, no news is the mantra in this part of the planet where cycling around to soak up nature is a way of life. Most of the resort is built over the water which includes The Gathering – an eye popping, three-storeyed structure with the restaurant, So Fresh, a fitness centre, spa, kids club, library, the retail outlet in So Soneva, The Den and wine cellar.

The menu of Thai, Swedish, Balinese, and recently added Ayurvedic massages, and marine facials forms a therapeutic lure. I take my Balinese massage, and a hot stone therapy, in the open air champa.

A stay at Soneva would be incomplete without some adrenaline pumping water sports and my love for water made me make the most of the daring adventures. The dolphin cruise (complete with champagne and canapes) at sunset is a magical experience. It made my heart sing in delight to watch dozens of dolphins dancing in the light of the dipping orb.

The crowning glory arrived in the Over water cinema "Paradiso" - the first overwater silent cinema in the Maldives, it embodies the ethos of responsible luxury, watching a film with bluetooth headphones to ensure zero disturbance to the islands nesting wildlife. The stunning setting of Paradiso is backed by comfort in pure style where you relax on comfortable loungers with pillows and blankets, tucking in tasty treats, including a bag of mouthwatering popcorn. A surreal experience - watching the classics, beneath the stars, on a screen floating on a crystal-clear lagoon.

Soneva Jani spells the ultimate decadence, and soul pulsating with sustainability makes it absolutely exclusive.

COSMIC LOVERS COOP

My handpicked triad of special moments to savour at Soneva Jani:

Full Moon Dinner- Once a month, over the lunar cycle, a unique dining experience is savoured on a private sandbank. In celebration of the full moon, a moon-shaped seating arrangement comes alive under the splendidly lit night sky.

Private Astronomical Dinner Cruise: A date with the Indian Ocean for a stellar dining experience under the stars. Learn the secrets of the sky from the resident astronomer while savouring a handcrafted menu.

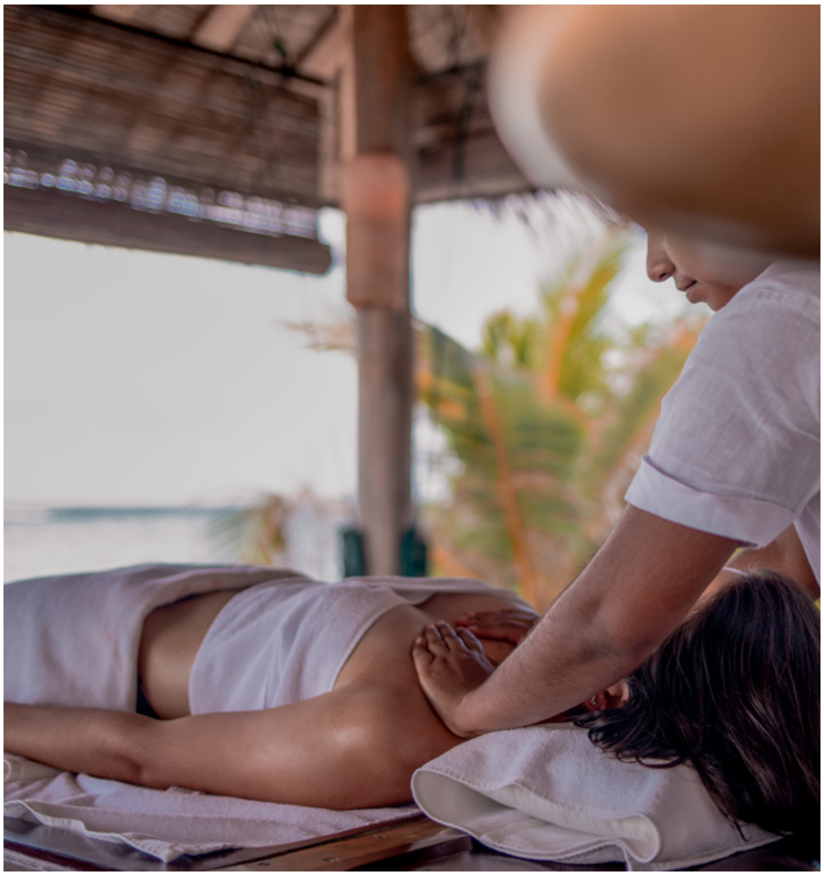
Midnight Astronomy Picnic: A secluded beach underneath the stars, moon and the expansive Milky Way. Tuck in cultural astronomy – the study of how ancient cultures used the night sky for orientation, harvesting, hunting, and distinguishing between right and wrong. Enjoy the lull, pinpointing the constellations in the clear skies.

UNLIMITED INDULGENCE

SONEVA UNLIMITED OFFERS AN UNRIVALED WELLNESS EXPERIENCE.

Soneva Jani, the award-winning luxury resort in the Maldives' Noonu Atoll, is inviting GCC residents to enjoy an indulgent getaway.

All guests staying in any Soneva Jani Chapter Two Reserve can truly indulge with Soneva Unlimited, which is included in the villa price. Soneva Unlimited is an exceptional offering that enables guests to enjoy everything at the resort, with no limits. This includes unlimited dining across all Soneva Jani restaurants, including those with visiting chefs, unlimited wellness therapies, massages, spa treatments, unlimited experiences which includes but is not limited to diving, complimentary shared seaplane transfers between Soneva Jani and Malé, and many more delightful experiences. Between 21 and 30 July 2021, diners will also have the rare opportunity to experience the culinary craftsmanship of the Michelin-star Chef Heiko Nieder, from The Restaurant in Zurich's Dolder Grand hotel.



All guests staying in an original Soneva Jani Chapter One over-water or island villa can indulge in limitless wellness therapies and spa treatments at the Soneva Spa with Soneva Jani Spa Unlimited. Priced at USD 500 per guest per day, this includes unlimited massage therapies from around the globe, healing Ayurvedic rituals, high-performance, all-natural Sodashi facial treatments, targeted wellness programs, as well as private yoga, meditation sessions, personal training, and consultations with the resident Ayurvedic doctor.

Stays at Soneva Jani are priced from USD 1,840 per night in a Chapter One villa, and from USD 3,550 per night in a Chapter Two villa, excluding fees and taxes

Cocooned in NATURE'S NEST

AN UNTAINTED SANCTUARY OF WELLNESS TUCKED AWAY IN THE SUBURBS OF MUMBAI AND PUNE.

Overlooking a pristine lake, amidst sprawling hills of the Western Ghats, nuzzling the scenic hill stations of Lonavala, Fazlani Natures Nest is an abode where nature resides. A short drive away from Mumbai, the picturesque property is spread across 68 acres, with beguiling vistas and a sanctuary for birds and horses. Surrounded with tranquil ambiance in the hues of green, you know you are on a path of wellbeing as soon as you reach this scenic wellness retreat.

To provide you with an immersive experience of luxury, the rooms are designed with spacious layout and wide bay windows which gives you uninterrupted views. Whether it is your garden view room or the suite overlooking the lake, Fazlani embraces the sheer blend of wellness and comfort throughout your stay.

With a core focus on offering holistic wellness that brings balance and improves one's general wellbeing, the retreat has curated several bespoke treatment plans with the help of expert doctors and wellness consultants. Experience the amalgamation of Ayurveda and Yoga, in a way that dissolves the boundaries between them to amplify the experience of ayurvedic healing. Natural self-care, a balanced diet straight from the farm to your plate, herbal medication, activation of body's self-healing mechanism through naturopathic treatment, physiotherapy to ameliorate muscle, ligament, tendon, and bone health, and animal-assisted healing therapies that include walking, brushing, petting, and caring for an animal, are some of the many wellness offerings.

Fazlani's crowning glory is the Amarine Spa. Situated in the heart of the property, it offers a truly authentic, world-class rejuvenation experience that uplifts your body and energizes the soul. An expansive spa with its 9 treatment rooms, applies both Ayurvedic and Naturopathic ideologies to improve your health. A Gymnasium, 3 Outdoor swimming pools, and luxurious Hydrotherapy facilities are also available. The spa features various body and beauty experiences- a crossover between traditional and modern wellness practices coupled with the expertise of their well-qualified resident doctors, physiotherapists, nutritionists, physicians, and fitness guides. The bespoke therapy programs are designed to meet individual needs- to de-stress, cleanse, deeply relax, and promote weight loss.

Outdoor activities are carefully designed to keep you active and energized. Enjoy a dip in one of the three tier pools, or enjoy picking the fresh produce from the farm, fruits, herbs, and vegetable farm with the resident horticulturist as the guide explaining the process of farming. While away time with indoor games like table tennis, chess, carrom, and board games. If you are a thrill seeker – they offer cycling, trekking, basketball, cricket, football, and volleyball, or experience riding in a bullock cart and meeting the resort's pet farm animals. Other fun activities include horse riding, cooking demonstrations, pottery, trekking, art classes, a stroll in the bird park, or the best of all simply unwind, laying back in a hammock.

Dubai’s Exquisite Cuisines: An Epicurean’s PARADISE

DUBAI’S MOST LUXURIOUS RESTAURANTS SERVING DELECTABLE DELICACIES.

By Chandralekha C S

With creamy croissants, zesty Italian pizzas and decadent desserts nudging you at every corner of the internet, leading a healthy life has become a rather herculean endeavor. However, over the years it has also become one of the greatest concerns of modern life. With little time on the clock and much to accomplish, one can no longer spare hours to swelter away in the kitchen- even if it comes at the cost of one’s health. Dining out isn’t a sin, so long as you prioritize your health and are conscious of its ecological concerns. Strive to reduce your food miles by consuming food that is locally sourced, fresh, and salubrious. Sustainably sourced food fills two needs with one deed- it revitalizes your health and ameliorates the ecology.

Our list comprises the top restaurants in Dubai, that offer an extravagant dining experience and wholesome meals, so next time you dine out, indulge in your cravings without feeling guilty.

AMAZONICO

It seems as though the designer Lazaro Rosa-Violan, has extracted the essence of the amazons, bottled it up, and spritzed it onto this palatial, rainforest-inspired restaurant, spread over 12,800 square feet. The tropical hued tapestry, hanging from the ceiling, the green canopy ceilings and pendulous plants- the rainforest-inspired décor of Amazonico, teems with verdure. To sip on your drink, reveling in the serenity of a living, breathing rainforest, right here in Dubai! - Amazonico offers you an unrivaled experience. Amazonico’s menu offers an array of healthy choices- like the moreish Ensalada Amazonico, made with succulent confit tomatoes, avocadoes, mangoes, and finally, the kalamansi citrus to cohere the flavors. At Amazonico, you can enjoy hearty, healthful food as you take in its scenic décor.

Reminiscing about Amazonico's long journey, Michele Jenman, general manager at Amazonico, Dubai told GlobalSpa: "When Amazónico first opened in Madrid, it quickly became a must-try dining destination for its vibrant setting and atmosphere. The immersive environment, style, and music became a hit. In 2019 we expanded to two of the world's most respected culinary hubs, London and Dubai. From grilled meats and fish to tropical sushi and salads the diverse menu explores its own creative twist on dishes found across Latin America. Despite the incredible challenges of 2020, Amazónico has adapted and continued to be a success, even launching our first ever pop-up at the Riyadh Oasis in KSA. There are lots of exciting projects in the pipeline so stay tuned for more from us!"

ZUMA

Ryokan-inspired décor infused with subtle yet magnificent Arabic designs and the soft glimmer of custom-designed lamps – Zuma stands out as the epitome of elegance in the heart of Dubai. Fourteen years ago, the famed Zuma brought with it the warm aroma of authentic Japanese cuisine to the shores of Dubai and has since then established itself as the go-to place to explore exquisite Japanese flavors. You will be reminded of the exotic land of Japan, as you bite into the delectable and piquant Miso Black Cod, basking in the serene ambiance of the glass-clad Zuma, mesmerized by the scenes of Dubai, throbbing with life.

With the Ebisu menu, Zuma foregrounds its commitment to health and wellness. The Ebisu menu features an array of healthy options- which includes but is not limited to steaming bowls of miso soup, Japanese sweetcorn with shiso butter, shiitake mushroom skewers, garlic, and soy butter, and asparagus with wafu sauce and sesame. Zuma also has an enticing range of vegan and vegetarian dishes to choose from, to be enjoyed with a sip of healthy non-alcoholic cleansers such as Norisan and Sundzumari. You can indulge in these scrumptious dishes, even while on a diet.

The bar and lounge area makes for a fun night out with your friends, sipping on Japanese-inspired drinks like Zuma Mi Tai or Rubabu and chatting the night away.

NAMMOS

Nuzzled by the sandy shores of the Arabian Sea, Nammos is a Mediterranean paradise serving delectable dishes. At Nammos, you can unwind beneath a grand wooden pavilion, listening to the soothing clanks of champagne glasses, the subdued hush of the cerulean waves, and the rustle of palm trees. Nammos arrived in Dubai like a gust of fresh breeze from the picturesque island of Mykonos. The restaurant is nestled in gigantic reflection pools that mirror the azure Dubai sky and make it seem afloat. As you walk through the entry path, you are embraced by the serene sound of cascading water on either side and welcomed by the beguiling sight of the Mykonian fieldstone that forms the backdrop of the lobby- a silent nod to the Mykonian roots of Nammos. The shallow recesses are illuminated with candles, reflecting lustrous warm tones, the beach pebble lights, hung low and high, rock with the gentle breeze and the ambient music eases you into the experience. The lounge is ornated with handcrafted carpets and the furniture designs reflect Greek and Middle Eastern styles.

The eclectic cuisine of Nammos is a must-try- from sushi to Mediterranean grills and steak, you can find it all here. The raw menu offers a diverse range of healthy choices of freshly caught fish. The menu offers a wide range of delicious, healthy salads and vegan dishes. Nammos is a perfect dine-in spot for the health-conscious.

CLAP

As one walks through the wooden archway entrance of Clap, one gets an inkling of the awe-inspiring design delight that awaits those who step into the luxurious restaurant, shrouded by skyscrapers in the heart of Dubai. You are welcomed by a lounge made of paperback books, behind which glimmers the immaculately positioned sake glasses in the warmly lit lobby. A colossal, many-hued chandelier hangs over the reservation desk constructed almost entirely of books on the second floor. Your journey continues through a short corridor that leads you to the stunning rooftop restaurant with a view of the bedazzling Dubai beneath it. The menu features authentic Japanese cuisine, including a variety of healthy choices that are vegan, vegetarian, and gluten-free. The green tea and matcha menus offer antioxidant-rich drinks to sip on as you enjoy the view.

THE MAINE

The entrance to The Maine is tucked away, almost like a little culinary secret in the underground garage of The DoubleTree by Hilton. The walls and ceilings of The Maine are ornate with nautical-inspired oyster shell chandeliers and shimmery mirror menus. The loquacious crowd, often carousing by the bar at The Maine, adds to its jolly ambiance. The Maine is the ideal hang-out spot- a place where you can unwind and be yourself. The restaurant offers more than just seafood and oysters- from pasta to grills, The Maine has it all. The menu offers healthy plant-based selections such as the succulent No Meat Short Rib, the delectable Pizza Verde, and the Superfood Salad. You can have an amazing experience at The Maine without breaking your diet vows.

DIVER BAY SCALLOPS
LOBSTER TAILS
RAZOR CLAMS
KING CRAB LEGS
SNAPPER CEVICHE
SEA BREAM CRUDO
OCTOPUS CARPACCIO
MAINE LOBSTER ROLL
SMOKED SALMON
PRIME STEAK TARTAR

UAE'S ULTRALUXE WELLNESS RETREATS

SPA SOJOURN IN THE MIDDLE EAST.

By Ratik Sethi

What better than a spa sojourn in the heart of the Arabian Dunes, its iridescent ocean waves and verdant oases teeming with life, to shrug off the pandemic-induced monotony plaguing our lives. Much to the wellness enthusiast's dismay, the pandemic had severely curtailed our ability to travel, whether for business or pleasure. With travel restrictions being lifted across the globe, wellness retreats seem like the perfect cure for our famished souls.

More than 18 months have passed since the dreaded coronavirus wreaked havoc on the world, triggering unprecedented changes in our lives. Sitting at home for months on end can naturally have adverse effects on a person's physical and mental health. Needless to say, once the pandemic is over, travel will be at the top of everyone's bucket lists.

The United Arab Emirates (UAE) is one of the most popular tourist destinations in the world with its picturesque vistas, stunning, unparalleled architectural grandiose, and iconic resorts providing excellent wellness programs. These programs are designed with both physical and mental health in mind – for a well-rounded rejuvenation experience.

1. Atlantis The Palm, Dubai

Opened in 2008, Atlantis The Palm is unarguably iconic- both in its architectural superiority and opulent service. Consisting of 1600 rooms and suites, this luxury resort can be the perfect destination for a true wellness experience. With its elegantly luxurious interior décor and uber-luxe amenities, the club suites are the epitome of pure luxury. Or revel in a once-in-a-lifetime experience at the picturesque underwater suites.

Everyone has a different idea of wellness and this stunning resort has something for everyone to enjoy. It has 23 restaurants and bars so even the pickiest eaters will have something to enjoy. The brilliant water park and aquarium are perfect for a fun family outing while the nightclub provides something for the youngsters to enjoy.

You can also pamper yourself with a mani-pedi at the nail spa.

The beach facing the lagoon and the two massive swimming pools are perfect options for people looking to unwind. The award-winning Shuiqi spa provides brilliant and innovative treatments like cryotherapy and underwater yoga which makes for the ultimate wellness experience.

2. Al Maha Luxury Tented Camp, Dubai

Situated at the heart of Sahara's infinite expanse, shimmering amidst its vivid crimson-hued dunes, beneath a sky gleaming with stars, is this luxury resort- offering a unique but brilliant wellness experience for those yearning to escape the humdrum of urban life.

An incredible resort with ultra-luxurious rooms and a whole host of activities to keep you fully occupied and relaxed. The location is brilliant and makes you feel as close to nature as you possibly can. The resort plays a vital role in protecting the Dubai Desert Conservation Reserve. The star attractions of the reserve, The Arabian Oryx and the Gazelle can be spotted from the temperature-controlled infinity pools or the sundeck area of the luxury villas. The villas are beautiful and can only be described as the stuff dreams are made of.

The resort provides free access to the highly upscale spa and offers a wide range of wellness, relaxation, and beauty treatments. Combine that with the state-of-the-art fitness center and the beautiful swimming pool will make sure wellness is the top priority.

The Al Diwaan provides a sophisticated and organic dining experience. Just a level above lies the terrace bar where you can enjoy a nice cocktail while enjoying the breathtaking views of the reserve.

3. Qasr Al Sarab by Anantara, Abu Dhabi

Another luxury desert resort, The Qasr Al Sarab by Anantara is breathtaking in many aspects and is an absolute must-visit if you are planning a trip to Abu Dhabi. Lying on the outskirts of Abu Dhabi, the Qasr al Sarab is the largest desert resort in the world. The perfect getaway for people looking for a break from city life, the resort is surrounded by beautiful red dunes.

The rooms are spacious and have every possible amenity to make your stay comfortable while you get incredible views of the desert. The dining experience is fantastic with three restaurants that provide a wide array of cuisines all the while having 24-hour room service. For wellness enthusiasts, there is a full-service spa with a wide variety of services and relaxation treatments that includes a traditional hammam. For the fitness enthusiast, there is a beautiful state-of-the-art fitness center and 3 tennis courts at the property. There are numerous activities for kids too which makes it perfect for a family holiday while various desert activities are also available like a camel trek which will sure that your stay at this resort will be one you will never forget.

4. W Abu Dhabi – Yas Island

The UAE has some very unique and special resorts, none more so than the W Abu Dhabi – Yas Island. Architecturally stunning, this incredible resort is the perfect combination of luxury and wellness. Built over a formula 1 racetrack with views of the races, this resort is a racing fan's dream. Even among all the hustle and bustle of formula 1, this futuristic-looking resort can be a haven for wellness enthusiasts.

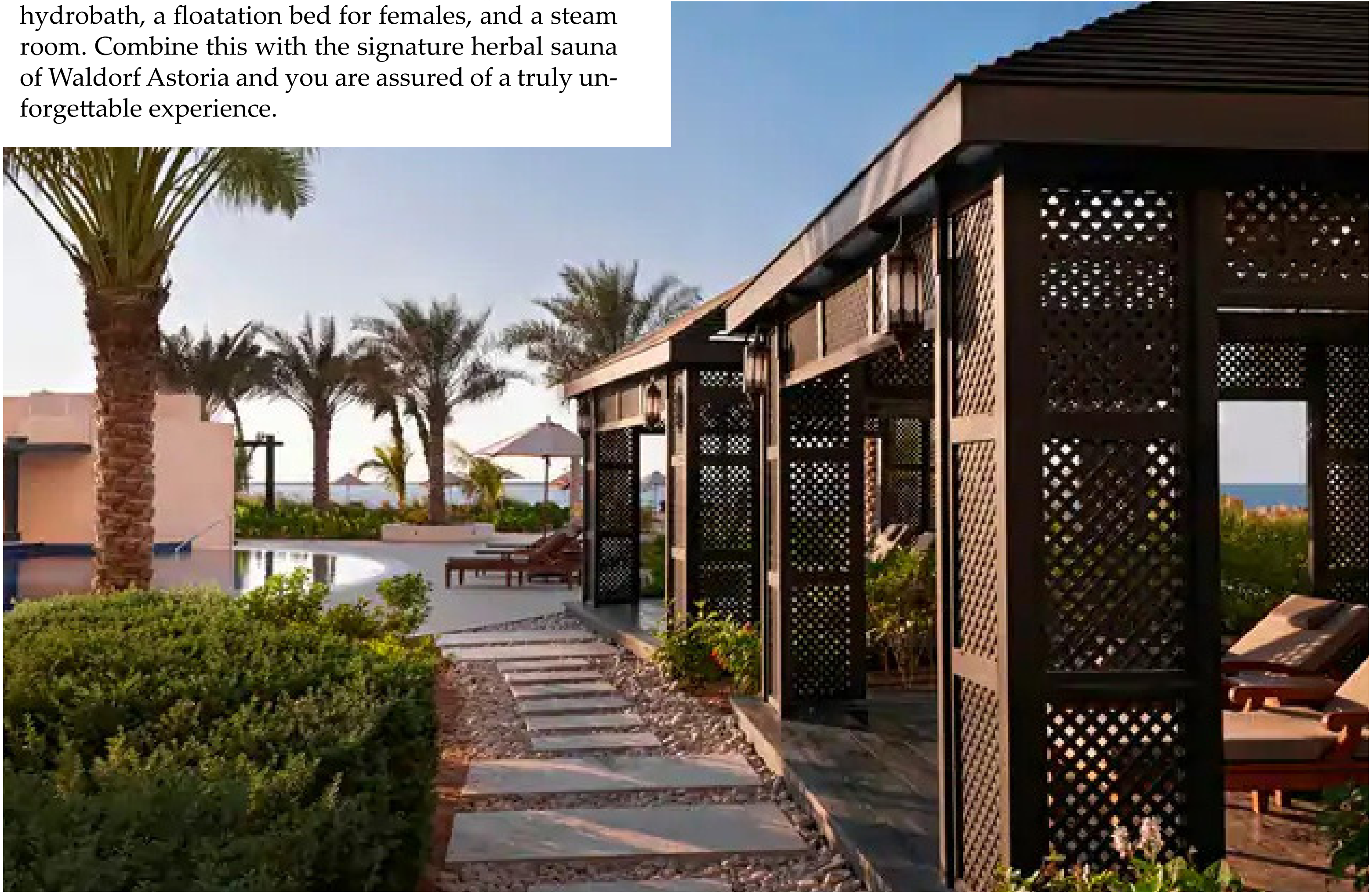
The rooms are stylish, modern and feature all the amenities that make your life as comfortable as possible. You will be spoilt for choice when it comes to dining as it has 11 restaurants and bars while also having 2 nightclubs for people looking to have a good time. Free shuttle buses also operate that will take you to various Yas Island attractions. The resort also has two stunning rooftop pools to enjoy a nice relaxing time and a 24-hour fitness center if you do not want to miss out on your workout. The spa, which is designed as a traditional hammam offers a wide range of treatments which includes a steam room so you can sweat your tension away. There is also a beautiful library lounge with comfortable seating and a good variety of books where avid readers can spend hours reading books they like.

5. Waldorf Astoria, Ras Al Khaimah

In the pleasant and beautiful emirate of Ras Al Khaimah, we have the Waldorf Astoria, a truly beautiful destination surrounded by beautiful landscapes, coastlines, and the most breathtaking views. This luxury resort is a true hidden gem and will provide you with the most pleasant of experiences.

The resort gives off a very royal feeling with its architecture but is as modern as they come. The service is truly top class with each guest having a personal concierge who will assist you with all your needs to make sure you have the most comfortable stay. The rooms are ultra-modern and provide fantastic views of the Arabian Coastline. Dedicated kids and family rooms are making this an ideal destination for a family holiday. An 18 hole golf course and a private beach against the backdrop of the Arabian Sea make for a fun and relaxing evening with friends and family. As for the dining experience, the property has nine restaurants and lounges making sure that you have enough options to choose from a whole host of cuisines.

There are two temperature-controlled pools at the property and the award-winning underwater spa possesses 12 treatment rooms, a VIP couples suite, a hydrobath, a floatation bed for females, and a steam room. Combine this with the signature herbal sauna of Waldorf Astoria and you are assured of a truly unforgettable experience.



6. Oberoi Beach Resort, Al Zorah, Ajman

In the tiny city of Ajman, we have the Oberoi Beach Resort, a luxury resort that is sure to blow your mind. Located in an ideal beachside location around the Al Zorah nature reserve this resort exudes comfort & luxury and is the perfect destination for a nice wellness break.

The rooms and suites at this stunning resort are spacious, comfortable with private terraces where you can enjoy some stunning views. The service is exceptional owing to Oberoi's high standards while the villas are luxurious and have their temperature-controlled pools. There is a water sports facility to get your adrenaline pumping and a bike/car hire service is also available so you can explore and enjoy various activities like golf, sky diving, and snorkeling at your convenience. A children's activity area and swimming pool are also present at the resort.

There are numerous dining options where guests can enjoy the finest international cuisines that are both tasty and healthy while enjoying stunning views surrounding the resort.

The Oberoi Spa with private treatment rooms with open-air showers are exceptional and offer a wide range of treatments and massages that are sure to give you a truly relaxing time. Treatments include the traditional hammam scrubs, beauty facials, body treatments, and many more putting wellness at the forefront of this beautiful resort.

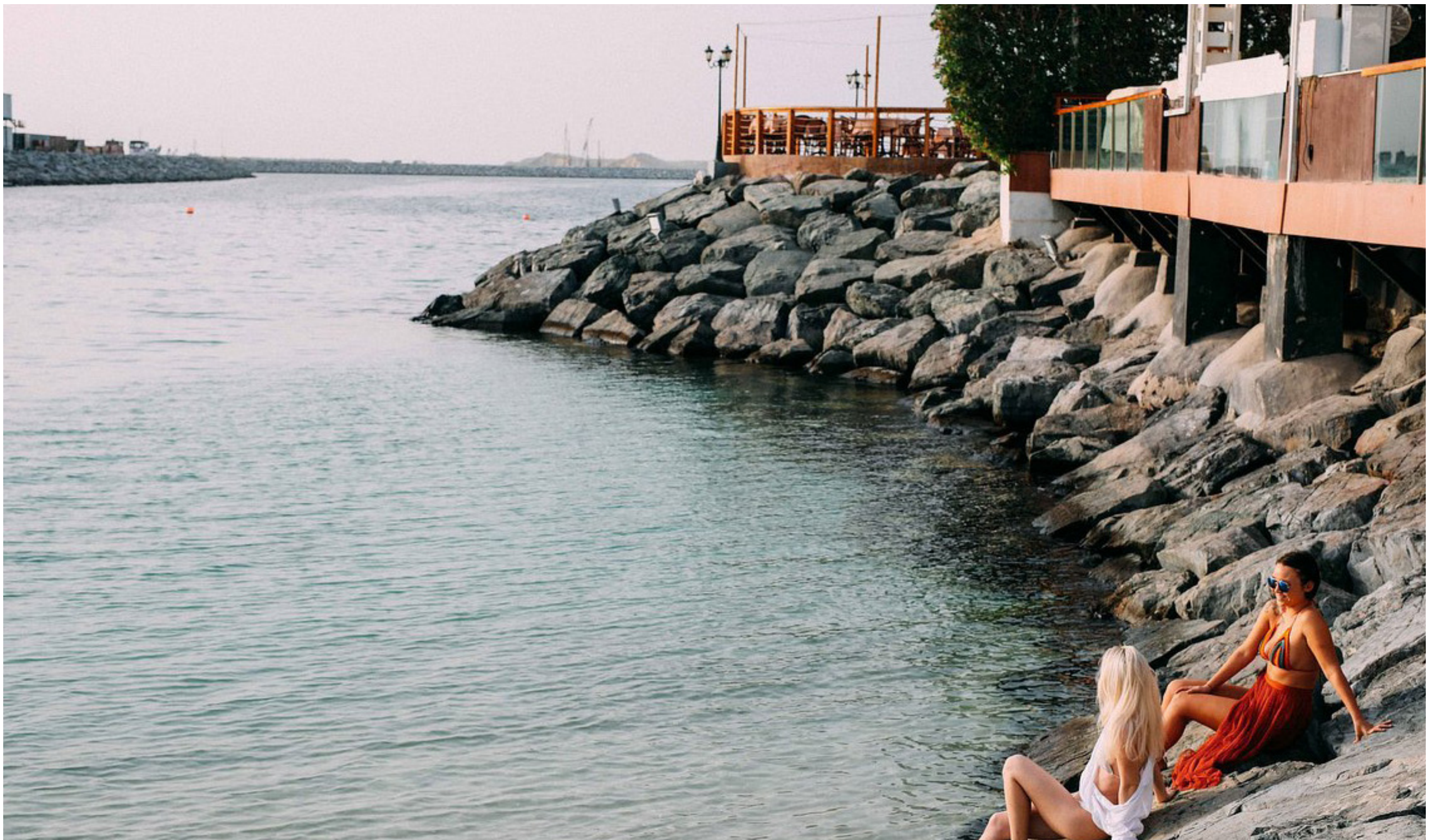
7. Marine Beach Resort and Spa, Dubai

Dubai has some of the finest resorts and hotels in the world. Despite that, the Marine Beach Resort and Spa stands out as a top-class luxury wellness destination. The resort is in one of the most prominent areas of the city, the Jumeirah Beach Road which is just a few minutes away from the Burj Khalifa and Dubai Mall.

It has 33 low-rise villas containing about 195 rooms. The rooms are highly spacious with excellent service and facilities which makes for a highly comfortable stay. There are 3 outdoor pools one of which is a kids pool so that both adults and children can have a nice relaxing time. This is a very kid-friendly resort with it also having a dedicated kids club.

There are also about 15 restaurants, bars, and nightclubs which are a major attraction for young adults looking to have a good time. Guests have a lot of choices when it comes to dining with a wide variety of options being offered including Italian, Lebanese, and Asian cuisines among many others.

There is also an ultra-modern fitness center and two tennis courts at the resort so you can have fun while never having to miss your workouts. The Aroma Spa at the resort takes a holistic approach to wellness and offers a wide range of treatments and services that focus on relaxation, rejuvenation, and wellbeing on a spiritual level. Treatments include a traditional hammam, revitalizing spa rituals, aromatherapy massages, luxury face, and body treatments, purifying facials, and customized spa packages.



Uma Ghosh: The Ageless Beauty

GET A PEEK INTO THE BEAUTY RITUALS AND DIET SECRETS OF THE AWARD-WINNING TV PRODUCER, ENTREPRENEUR, AND HOLISTIC BEAUTY WELLNESS COACH AND EDUCATOR UMA GHOSH.

By Parineeta Sethi

Uma Ghosh is an established influencer in Dubai. She leads the holistic beauty and healthy lifestyle industry throughout the Middle East. Uma joined the television industry in the Middle East sixteen years back and recently ventured into the digital platform as well, with The Uma Show. She is a television producer, entrepreneur, influencer, and a fit & fab diva herself. She entered the wellness arena five years back and is a certified holistic health coach. Today, she helps you understand your skin better with online courses and has launched her own beauty tools last year.

What makes you fit & fabulous?

A balance of everything- from physical health to emotional health. Having a good atmosphere and surroundings, good relationships. A combination of everything, but balanced.

What does a typical day in your life look like?

I have a very strong morning ritual. I start with my breathwork, then I do chanting and meditation for thirty minutes. I have been meditating for years now. My morning ritual is the backbone of everything I do because it sets me up for the entire day.

I have a full glass of celery juice, first thing in the morning. I have been doing this for the last two and a half years and have seen amazing results with it. I juice it with a slow juicer so it also comes out with a bit of fiber. After that, I cleanse my space with a bit of incense and sage. Then I have two cups of Earl Grey tea without any milk or sugar. Tea time is when I connect with my inner self and plan out the entire day. Then I have a filling breakfast.

If it is a shoot day, I start with hair and makeup. If not, I take care of the emails and coordinate with my team. I also coach, educate and interact with my online clients everyday day, depending on my schedule. I am constantly creating content, combining wellness and content creation is something I am passionate about. I have lunch at around 2 o'clock. I work till five-thirty and spend the rest of the evening with my family.

What does wellness mean to you?

Wellness is a good sync between physical health, inner health, and emotional health.

Do you and your husband work out together?

My Husband Monish Saini and I have different routines because he likes to be outdoors and, in the water, - swimming, stand up paddle boarding or now a days passionate about foiling on water, he loves yoga too. My fitness regime is very different. I combine my HIIT workout with pilates and yoga. Three days a week I do my high-intensity workout for twenty minutes, go on a walk, and combine it with pilates and stretching. I love strength training with weights. Once in a while we try to do a yoga session together.

How old is your child?

My son is 20 and studies Hospitality management in Les Roches in Switzerland.

What are your skin and hair care secrets?

Skin health is a reflection of gut health and inner health. I am a Bengali, so genetically we have good skin and hair. My mother did not gray or wrinkle till the age of 65. But I have gone through my own journey. At the beginning of my television career in 2005, I was doing too many hair treatments, skin treatments, and hair extensions. It led to brittle hair, pigmentation, and very dry skin. That's when I researched wellness and realized that my workout, food intake, water intake, stress management skills all of those affect my skin and hair health. When I started having that balance, my skin and hair began to improve. I also use active ingredients like, hyaluronic acid, niacinamide, retinol and vitamin C in my skincare.

Have you ever followed any fad diets?

Never, ever! I am a big foodie. I love to cook. I never believed in going on a diet but when I began focusing on my gut health, I realized that I cannot eat the way I was eating. I did not cut out all my favorite foods, I just balanced it and incorporated nourishing food filled with greens and protein. Eight to ten years ago I cut off meat and chicken, I still occasionally eat fish but most of the time I am vegetarian. I have started focusing more on a plant-based diet. But I am an intuitive eater, if I crave something I will go ahead and eat it.

What is your favorite cheat meal?

I love Chole Bhature, it's my soul food!

What is your favorite travel destination?

My go-to destination is Thailand – they have good food, great spas, and good people. After the pandemic passes, I hope to head to Samahita yoga retreat in Thailand.

Are you a spa buff?

I like a good massage; Thailand has some great masseuses. But I am too restless so I am usually out of the spa within 60 to 90 minutes.

What are your favorite spa destinations in India?

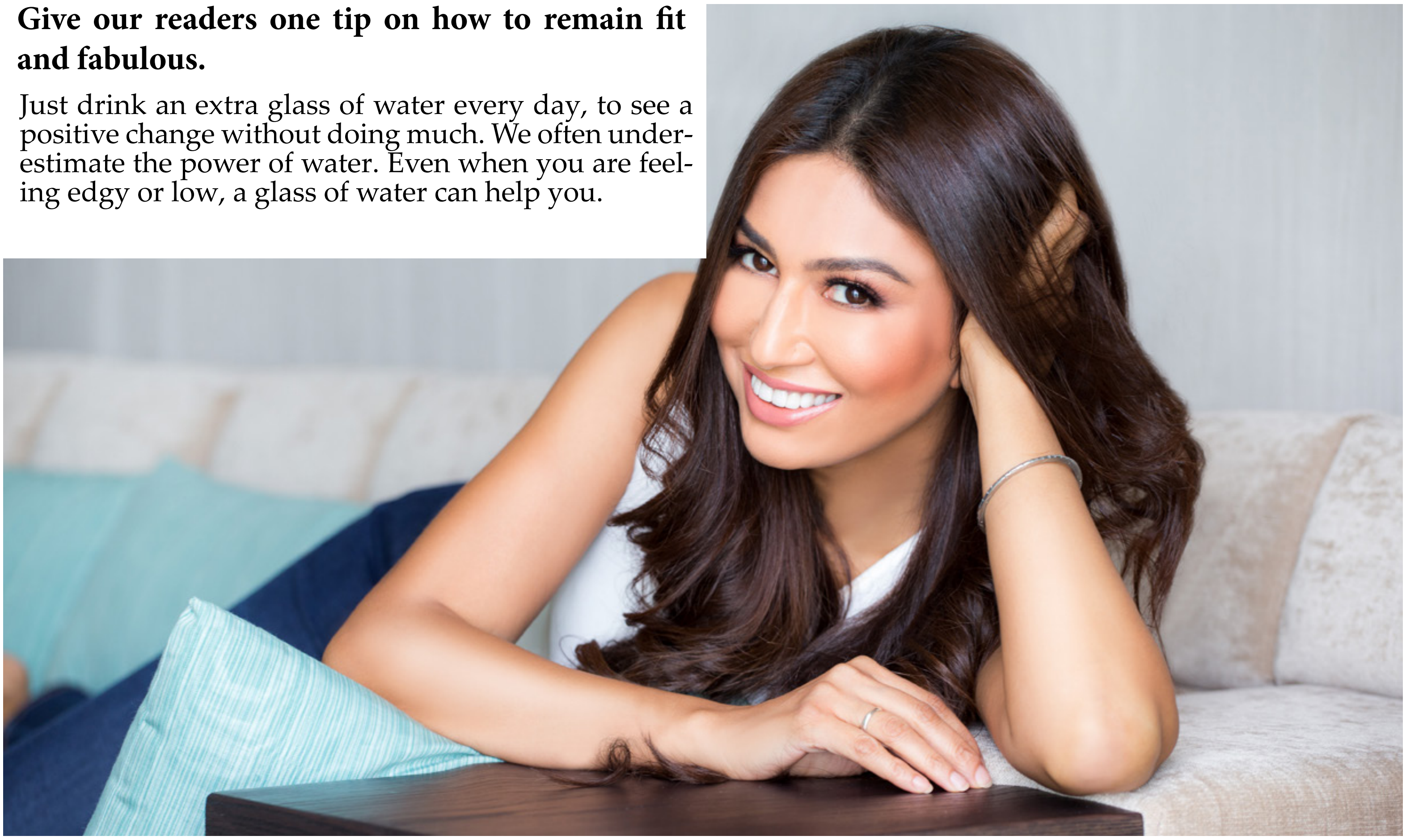
I have not had the opportunity to explore a lot of spa destinations within India. I love the naturopathic philosophy of Pema Wellness resort. I have also been thinking of going to Ananda and Vana retreat. When it comes to spas, we have a spa segment in the Uma show so I have covered quite a few beautiful spas from around the world. I have also covered a couple of beautiful spas in the Maldives.

Tell us something about the Uma Show.

The Uma show was launched on television in 2012 after I finished my stint with High Life Dubai which lasted for eight years. The Uma show is an extension of who I am- it has everything to do with health and wellness. I have subjects related to food, emotional wellness, interviews with people who inspire you, cooking sessions, workout sessions, and lots of beauty stuff! I am a beauty junkie- especially natural holistic beauty. Two and a half years back I shifted it to the digital platform which has helped me reach out to a wider audience. My YouTube channel now has almost half a million subscribers. It also helped me launch my online courses. I love connecting with women from around the world and sharing my knowledge with them.

Give our readers one tip on how to remain fit and fabulous.

Just drink an extra glass of water every day, to see a positive change without doing much. We often underestimate the power of water. Even when you are feeling edgy or low, a glass of water can help you.



Ras Al Khaimah: The Globetrotter's Dream Escapade

THIS SUMMER, UNWIND AND INVIGORATE YOUR MIND, COCOONED IN THE SERENE LAND OF RAS AL KHAIMAH, WITH ITS PLACID WAVES, VERDUROUS GROVES, AND RUFESCENT DUNES.

Beneath a carmine sky, Arabian oryxes tread along the boundless dunes, chasms of sandy hoof prints trailing behind them, slowly the dunes metamorphose into ragged mountain tops, offering a panoramic view of the turquoise waves that clamor and whisper into the ears of the mystic mangroves- the tranquil hums of mother nature resonate through the scenic Ras Al Khaimah.

Ras Al Khaimah carries within its sandy hillocks, a 7000 year-long cultural legacy. It can be a solivagant's dream come true or the cure for the adventurer's cacoethes or the lone time your heart so deeply desires, away from the humdrum of daily life. Ras Al Khaimah emanates the aura of a land where nature thrives in its natural form, untainted by human intervention.

Ras Al Khaimah Tourism Development Authority (RATKDA) recently revealed a new vision that enunciates its identity as a travel destination for nature lovers. Ras Al Khaimah offers a safe escapade into the warm embrace of viridescent mangroves and its pacific zephyr. For the soul that seeks quiet and calm, for those who harbor a love for tranquil spaces– the Saij, A Mantis Collection Mountain Lodge comprising 35 luxury lodges, offers the perfect mountain retreat experience, for a mind-body-soul rejuvenation. They offer mindful activities and guided treks to summon into one's being, the imperturbable serenity of Mother Nature.

You may also enjoy a stroll along the esplanade at an opulent beachfront resort, mesmerized by the tranquil heaves of the cerulean waters and bask in the tranquility of the picturesque Mangrove Flamingo Island and its quiet waters. The Jais Yard makes for a memorable family time- with its food trailers, kiosks, vintage truck restaurants, open-air cinema, and children's play areas.

JEBEL JAIS
جبل جيس
RAS AL KHAIMAH
UAE
رأس الخيمة
الإمارات العربية المتحدة
1640M
#VISITJEBELJAIS

MOUNTAIN SOUL BODY AND MIND

The northernmost emirate recently strengthened its hospitality sector with several, brand-new projects. The luxurious new upcoming project, Hampton by Hilton Al Marjan Island, will be the largest Hampton by Hilton and the first to offer an all-inclusive resort concept. With 515 rooms, this palatial resort is sure to be the star attraction at Ras Al Khaimah. Other upcoming luxury projects include Radisson Al Marjan Island with 388 rooms, InterContinental Mina Al Arab with 351 rooms, and Mövenpick Resort Al Marjan Island with 418 rooms.

HIGHLANDER
RAS AL KHAIMAH × UAE
HIGHLANDER
RAS AL KHAIMAH × UAE

Ras Al Khaimah offers to the seeker of adventures, an array of adrenaline-surging experiences like hiking, climbing, backpacking, abseiling, and canyoning.

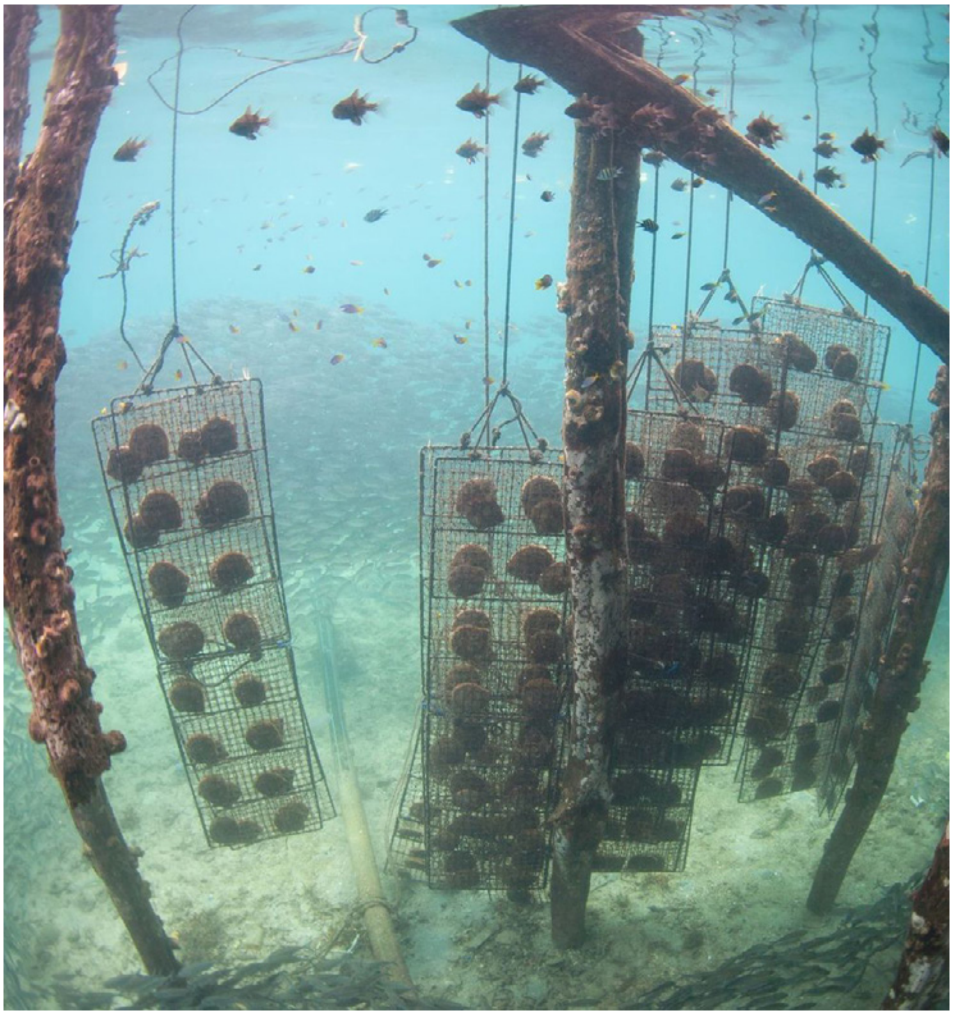
Outdoor activities are set out across the three major terrains: mountain, beachfront, desert & land. Set off on a paragliding expedition atop the Jebel Jais, UAE's highest mountain and into the heart of Saraya Islands and Al Rams, plunge into the depths of the sea to peruse the privy pearls at Al Hamra Marine's first of its kind scallop ranch, revel in the opulence of a glamping adventure and acquaint yourself with the tenets of agrology at Cloud7 Camp, relish the scenic view from atop the Dhayah fort, traverse the Jabel Jais in a hot air balloon, feel the exhilaration of gliding through the air at Jais Swings, zoom through the Wadi Track in a bicycle, or simply soak in the rejuvenating ambiance of the Saij, A Mantis Collection Mountain Lodge.

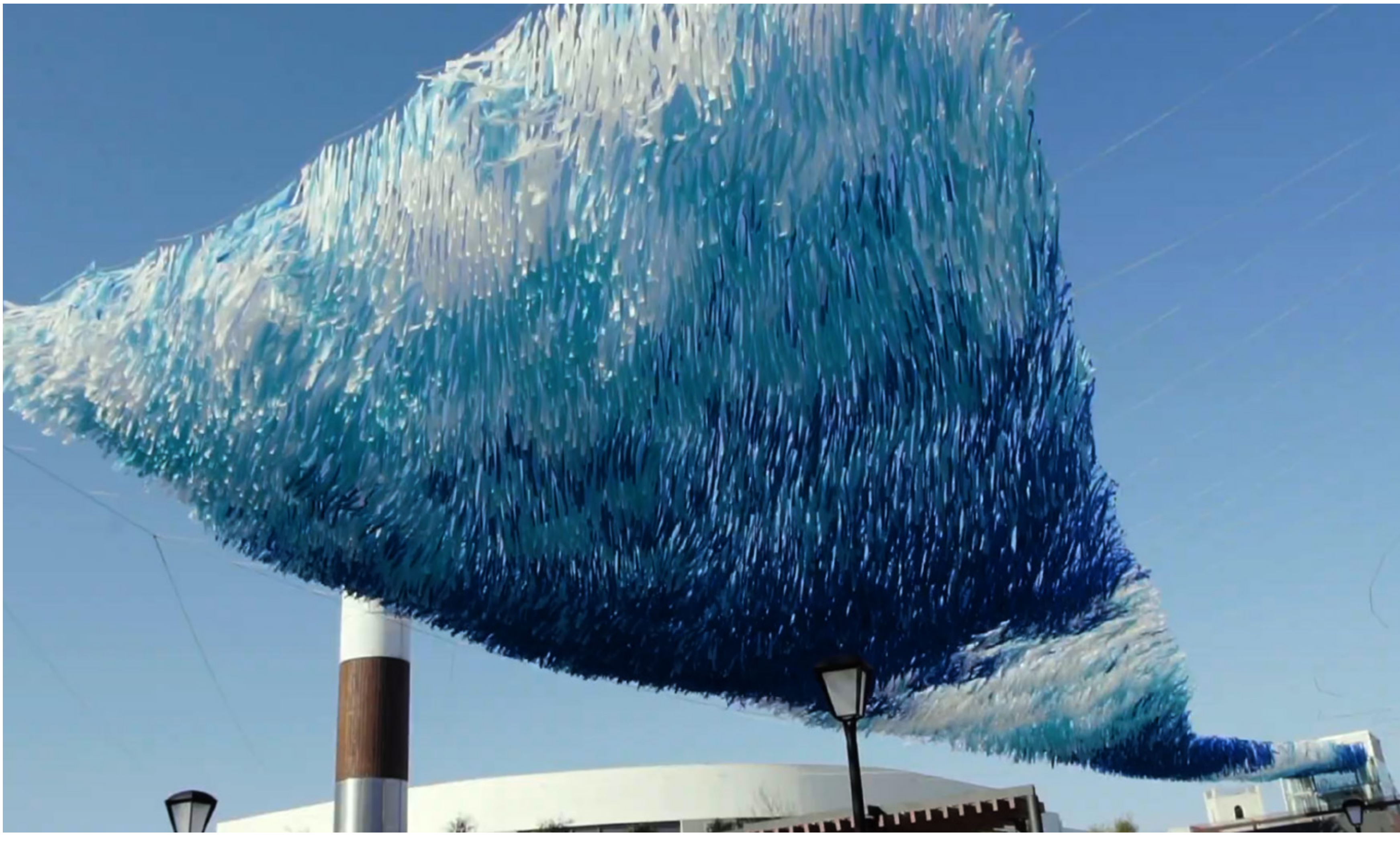
The Sky Room, Jais Sledder, Jais Eco Golf, and UAE's highest restaurant 1484 by Puro are just a few of the several new projects envisioned for Ras Al Khaimah's grand tourism-centric rebranding, some of which are at the nascent stage. Named the Gulf Tourism Capital for the second consecutive year, Ras Al Khaimah has charted its course for becoming one of the world's premier tourist destinations.

RATKDA is a major proponent of outdoor activities and regularly hosts illustrious sporting events like The Road to Ras Al Khaimah, the Ras Al Khaimah Half Marathon, Tough Mudder, Ras Al Khaimah Terry Fox Run, Spartan Ras Al Khaimah Race, Desert Warrior Challenge, UAE Cycling Championship, and the UAE Tour.

Ras Al Khaimah is all set to host the HIGHLANDER55, the first-ever internationally certified multi-day hiking to take place in the GCC, this November. The HIGHLANDER55 is a three-day-long, 51 km trek across Jebel Jais. Such an event of international merit will greatly augment Ras Al Khaimah's repute as an exemplary destination for thrill-seekers.

Ras Al Khaimah was certified safe by Bureau Veritas and became the first emirate to be awarded the World Travel and Tourism Council safe travel stamps. The perturbation caused by an unforeseen pandemic and long hours of being cooped up within four walls has instilled in us a deep desire to reconnect with nature. Ras Al Khaimah offers just that.





A RENDEZVOUS to France's Northern Nook

DISCOVER FRANCE'S NORTHERNMOST LAND.

There is something about France- that entrances the visitors. She seduces their hearts with her bewitching aura, her stunning lights, and cityscapes, her wondrous verdure- from the majestic Plateau De Valensole to the snow-clad Alps. This summer, explore the richness of Hauts-de-France, from Calais to Paris. Take a break from it all in this beautiful land, refresh your mind, and soothe your spirit with infinite horizons, magnificent gardens, and eloquent stays.

DESTINATIONS UNDISCOVERED

1. Montreuil-sur-Mer

Perched on a promontory, Montreuil-sur-Mer is a delight to the eyes with its citadel, ramparts, and cobbled streets lined with elegant mansions. Wealthy in exceptional culinary and creative dishes, this picturesque town's delicacies are a delight to the taste buds. It's a must-explore gastronomic destination inside out –to savor, taste, and indulge by the sea.

2. Marne Valley

Just an hour away from Paris, Marne Valley spells home to several wine-growers who come together to produce 10% of the world's champagne. A well-kept secret of the region, the visitors are often delightfully taken aback by its unique oenological delights. Enjoy a stroll through Marne's wine villages and stock up on champagne to wow your friends back home.

3. The Opal Coast

Nothing speaks happiness like a fun road trip. This summer, embark on one, down The Opal Coast – a tranquil winding road flaunting hills, past idyllic beaches and cliffs, and through quaint fishing villages, charming seaside resorts, and historic towns.

4. Amiens

Capital of the Somme, Amiens is home to the UNESCO-listed 'Lady of Stone' cathedral that has watched over humankind for over 800 years. Pace along cobbled streets filled with centuries-old history, take a boat and get lost in the maze of islands of the Hortillonnages dotted with contemporary art, climb up the cathedral towers to take a break from the hustle and bustle, or visit the incredibly colorful Picardy Museum. Soak in all the diversity found right in one spot.

EXUBERANT EATS

1. L'Anecdote

In the restaurant of the Hermitage Hotel, Alexandre Gauthier brings to life slightly simplified, forgotten recipes from La Grenouillère.

2. La Matelote

Indulge at the Michelin-star restaurant La Matelote surrounded by Boulogne-sur-Mer's fortified town – filled with tempting restaurants and mouth-watering menus with vegetarian options, including the much-beloved L'Îlot Vert and its flower-decked terrace.

3. Le Hameau

Taste whipped cream at the very place where it was invented: the Le Hameau restaurant. In the heart of the park of the Château de Chantilly, the setting that inspired Marie-Antoinette's Petit Trianon in Versailles is bound to give you an experience unforgettable.

Topped at the water's edge, dine for authentic pâté from Amiens at the Le Quai restaurant, not to miss on the foie gras appreciated by the Marquise de Sévigné.

ENCHANTING ACCOMMODATIONS

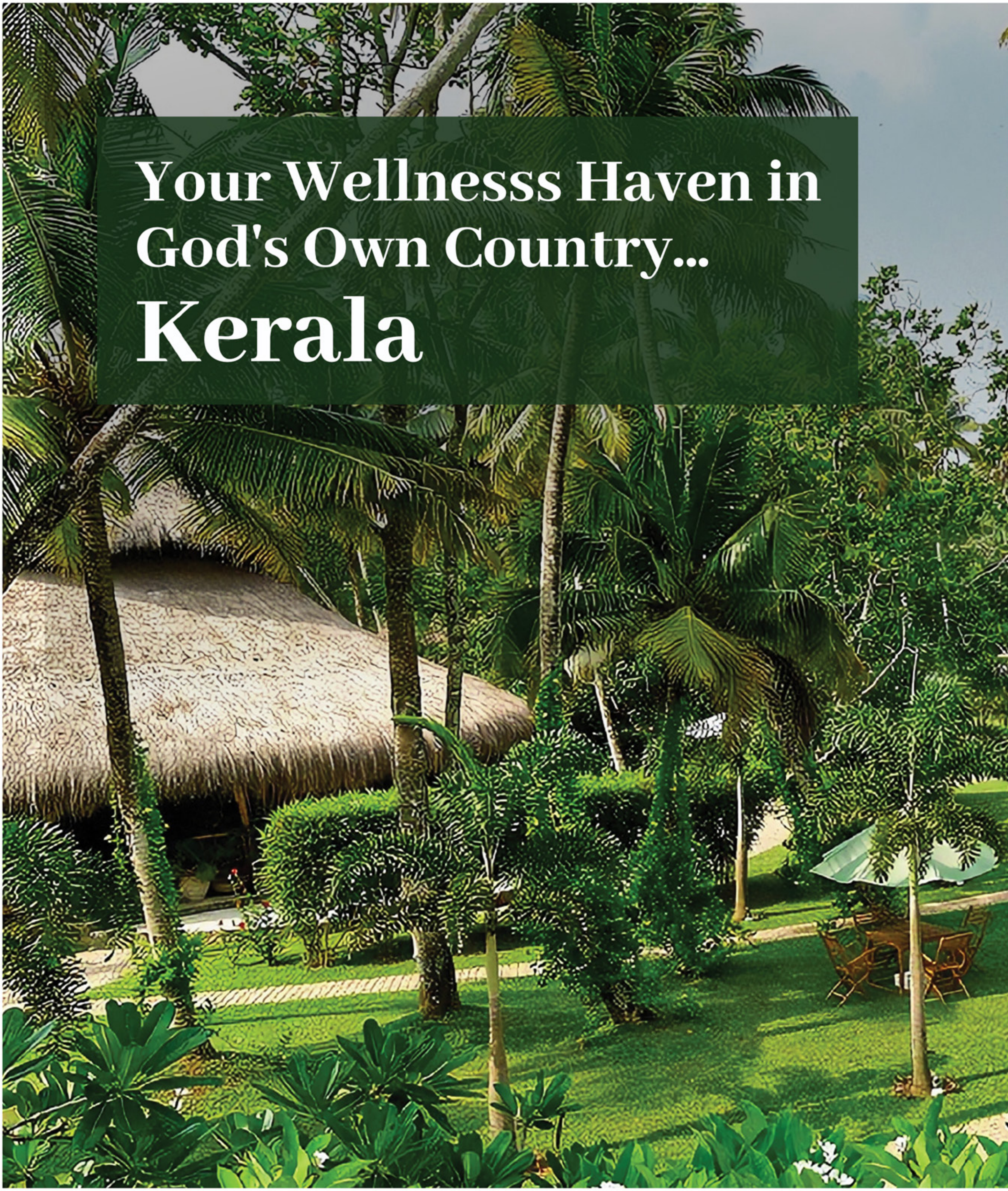
1. La Grenouillère (Relais & Châteaux)

Surrender to the power of nature with an overnight stay in one of the inn's eight comfortable hunting huts situated right in the heart of French glory and green.

2. L'Hermitage

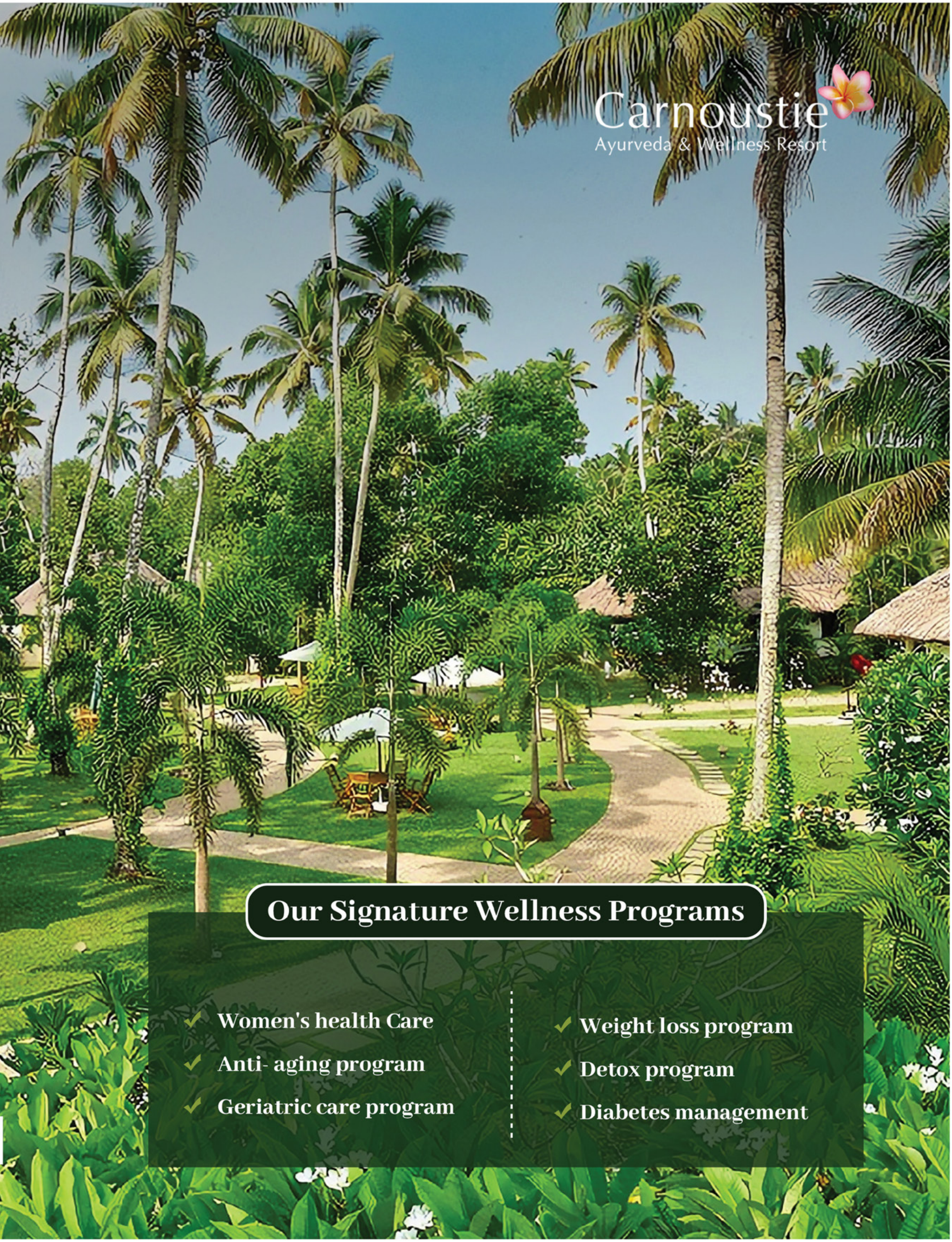
At this historic 19th-century building, stay like a royale at the elegant 3-star L'Hermitage hotel- an embodiment of true British luxury and comfort. Rejuvenate your tired senses at the Premium Spa righteously renamed 'The Care Villa'.

A 4-star Art Deco delight on the seafront at Wimereux mixed with a Michelin-star restaurant La Liègoise and a perfectly accentuated Wellness Area. It doesn't get better than this!



Your Wellnesss Haven in God's Own Country...
Kerala

www. carnoustieresorts.com ✉ reservations@carnoustieresorts.com

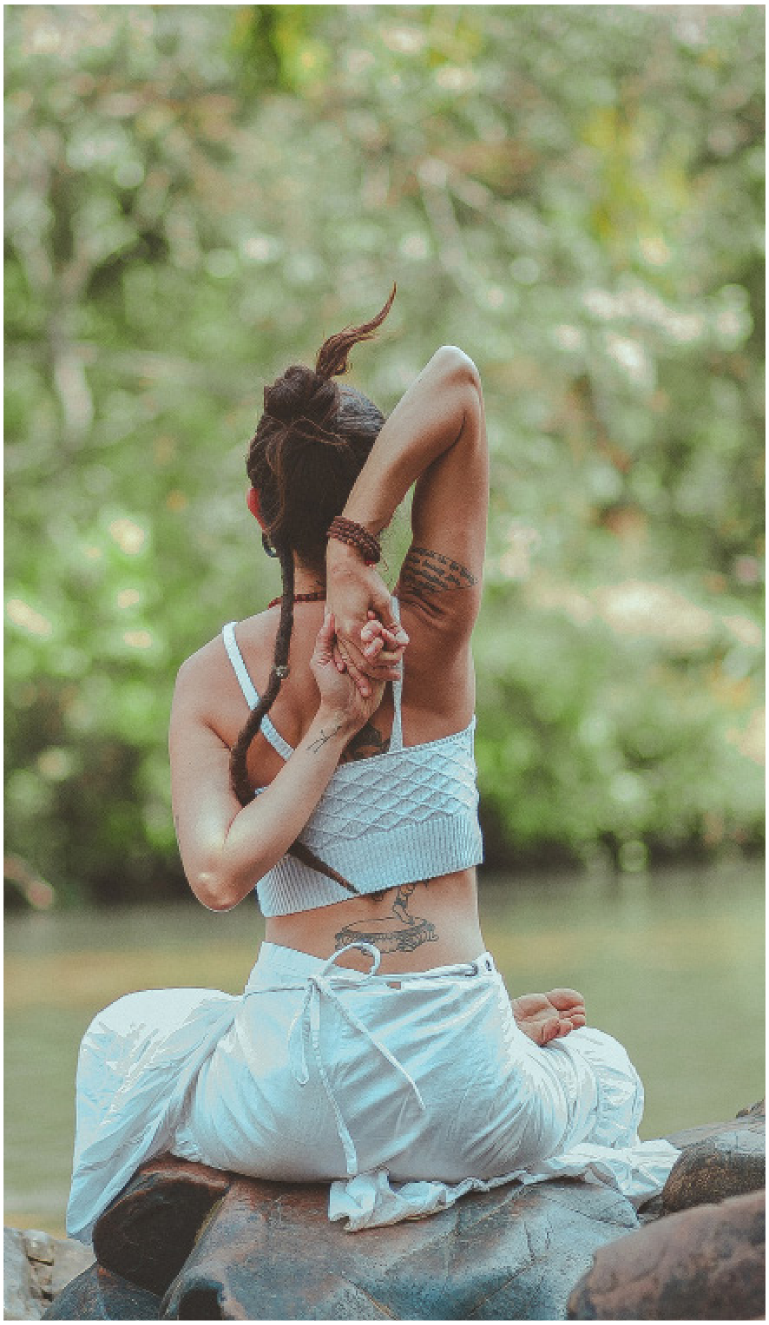


Carnoustie
Ayurveda & Wellness Resort

Our Signature Wellness Programs

- ✓ Women's health Care
- ✓ Anti- aging program
- ✓ Geriatric care program
- ✓ Weight loss program
- ✓ Detox program
- ✓ Diabetes management

PRANAYAMA- More Than Just AIR



THE BODY AND MIND ARE CONNECTED BY THE BREATH THAT DIRECTS THE FORMER TOWARDS WELLNESS AND THE LATTER TOWARDS STILLNESS.

By Suparna Saraswati Puri

What is not visible to the human eye, seldom receives the importance it deserves; Even if its presence is the very evidence of existence. According to Indian Classical thought, the primordial elements (Panchabhuta) are, Prithvi, Jal, Agni, Aksha and Vayu, of which the last one is undeniably the obvious indicator of prana (life) in a human body. "So long as the (breathing) air stays in the body, it is called life. Death consists in the passing out of the (breathing) air. It is, therefore, necessary to restrain the breath" (Hatha Yoga Pradipika,Mantra 3).

The ancient seers and sages knew the paramount relevance of vayu and they elaborated with precision and profundity in the Vedic literature, particularly the Sutras or Upanishads; that convey the meaning, 'sitting close to the Master. ' Here, the iconic philosopher, Dr. Radhakrishnan's definition of these scriptures is relevant: "The principal tenets of the darsanas are stated in the form of sutras or short aphorisms. They are intended to be as short as possible, free from doubt, able to bring out the essential meaning and put an end to many doubts; they must not contain anything superfluous or erroneous."

One of the many areas that have been significantly affected with urban living is Wellness. Commonly misunderstood as a disease free body, Wellness is a deeper concept that is the foundational principle of the Vedantic or Upanishadic way of being. In other words, it is the compass of the human mind-body framework. The condition for Wellness is directly associated with a healthy mind, in a healthy body. More importantly, according to Vedanta it is crucial to understand that 'Mind is something distinct from the physical body on the one hand, and the spiritual Self on the other. Mind is an object of knowledge'. The preparation of which begins with listening, known as sravana in Advaita Vedanta.

With its antecedents in antiquity, the term Yoga is used in multiple ways. For instance in the Gita, the third chapter is devoted entirely to the discourse on Karma Yoga thereby meaning, the Method of wherein the word yoga refers to a way or technique or system or method. While in the Yajnavalkya Upanishad, Yoga means the union of the individual and the supreme soul. However, Patanjali says that Yoga means effort and not coming together, or, as Bhoja says, "separation (viyoga) between purusa and prakriti." Meanwhile, the oldest textbook of the Yoga school, the Yoga Sutra says it "signifies exertion, strenuous endeavour, and so came to be used for the system of the restraint of the senses and the mind". Both the Upanishads and the Bhagavadgita amplify that in order to liberate from 'all sin and suffering', human beings "must attain spiritual unification, the consciousness of two in one, or Yoga". The Yogatattva Upanishad, categorizes Yoga into four kinds: (1) Mantrayoga, (2) Layayoga, (3) Hathayoga and (4) Rajayoga. 'Patanjali Yoga is of the last kind, since it deals at length with the process of stilling the mind and attaining Samadhi. Hathayoga holds that bodily activities can be mastered. Bodily control is a part of Patanjali's Yoga. Mantrayoga is based on faith-healing.'

Interestingly, the ancient wise-men were aware of the fact that 'no literary tradition, no language for that matter has survived without absorbing new elements and forms'. No wonder they articulated the discourse on Wellness by emphasizing that 'Mind is responsible for external functions, and it is also responsible for inner perception'. Therefore before practicing the technique it is vital to prepare the mind for Pranayama-the method. More importantly, there exists a profound relation between the mind and breath; "Respiration being disturbed, the mind becomes disturbed. By restraining respiration, the Yogî gets steadiness of mind"(Hatha Yoga Pradipika, Mantra 2). In posture and in meditation, the breath is a constant companion and that is why the system of Pranayama primarily is, 'working with the breath.

To an extent the human tendency of take-for-granted is responsible for the casual or ignorant outlook most people have towards the act of breathing. Indeed the process is an instinctive one and yet it is also partly voluntary. While many of the body's routine functions such as digestion, hormone secretions and so on proceed in the absence of any intervention, there is 'a degree of voluntary control over the breath. Thus breathing is a voluntary doorway to the involuntary body, a conscious doorway to the subconscious mind'. Vedanta states clearly, 'anything that has no consciousness intrinsic to it, is material' or an object that will experience change (in name and in form). The matter called the human body is anatomically and spiritually designed to function in a remarkably precise manner.

As Swami Sarvanand in his translation and commentary of the Kena Upanishad writes, "the more one will dive deep into the matter, the more he will be overjoyed to see the truth of the Upanishadic lore." The importance of the principles of Yoga is evident especially in the later Upanishads, namely, Maitri, Sandilya, Yogattatva, Dhyanabindu, Hamsa, Varaha and Nadabindu.

An obvious question may arise for those who are not familiar with the idea of Wellness, as it is addressed and explained in the scriptures and it is why there is a need to understand Wellness at all? Simply because, "the philosophy of India takes its stand on the spirit which is above mere logic, and holds that culture based on mere logic or science may be efficient, but cannot be inspiring" (Radhakrishnan). Hence, in order to learn a method of breathing exercise, it is crucial to get acquainted with the textual learning responsible for highlighting the significance of breath.

Men of science have proven that the human mind is powered by “other perceptive faculties” aside from the five senses. In fact the Indian rishis ‘had a good working knowledge’ of the discipline known as metaphysics, and were familiar with “cryptesthesia and other kindred powers.” It was understood ‘that there is a wider world about us than we are normally able to comprehend’. Hailed as the “father of modern yoga” and undeniably, recognized as one of the most influential yoga teachers of the 20th century, Tirumalai Krishnamacharya said, “To cure the ills of the body, use the body. To cure the wandering of the mind, practice pranayama.”

Referred to as the ‘yoga of inner touch’ in the Indian Classical texts, over the years Pranayama has developed into the most powerful tool for reflection called manana in Advaita Vedanta. Yet, there are misconceptions about it. In Hatha Yoga Pradipika, translated by Pancham Sinh, the author writes, “People put their faith implicitly in the stories told them about the dangers attending the practice, without ever taking the trouble of ascertaining the fact themselves. We have been inspiring and expiring air from our birth, and will continue to do so till death; and this is done without the help of any teacher. Pranayama is nothing but a properly regulated form of the otherwise irregular and hurried flow of air, without using much force or undue restraint; and if this is accomplished by patiently keeping the flow slow and steady, there can be no danger.”

Posture becoming established, a Yogî, master of himself, eating salutary and moderate food, should practise Pranayama, as instructed by his guru.

In Hatha Yoga Pradipika the second chapter is devoted to Pranayama. The mantras highlight the role of air, the element that gives life to the body as well as the passages it travels and its impact on the senses and organs. In particular, verses 7 to 10 detail the technique of Pranayama and the subsequent ones specify the frequency of the practice to be conducted daily. The text gives names of diseases that can occur as a result of incorrect breathing; “Hiccough, asthma, cough, pain in the head, the ears, and the eyes; these and other various kinds of diseases are generated by the disturbance of the breath (verse 17).

Yoga is not a theoretical study, it is experience. More importantly, 'it is meant for the good of all creatures, and a true Yogî is always desirous of benefitting as many men as possible'. And though "materialism may be at full tide, but alongside there is a move towards spirituality. Especially the youth who are drifting towards it. Big mansions, big cars and a jet set life may be what dreams are now made of, but Indians also want to access the more abstract – to look beyond the material"(Madhu Jain). Pranayama is the gateway to real Wellness and if incorporated in one's life, as a habituated practice, it can liberate the mind, the body and the soul.

By removing the impurities, the air can be restrained, according to one's wish and the appetite is increased, the divine sound is awakened, and the body becomes healthy.

Suparna Saraswati Puri

She is an Independent writer whose first book on Adi Shankaracharya and Advaita is on the doorstep of getting published. From conversations to culinary experimentations, she enjoys activities that include listening to the radio/music, reading, gardening, and travelling.

The Enigmatic SHRADHA SALLA

MIDDLE EAST'S BELOVED TAROT READER SHRADHA SALLA ON THE ART AND SCIENCE OF THE OCCULT, MANIFESTATIONS, AND KEEPING A POSITIVE MINDSET.

By Parineeta Sethi

Shradha Salla is the name synonymous with tarot, numerology, and energy reading. She is highly respected in these fields and has a loyal clientele comprising the who's who from all fields, internationally. The entrepreneurial bug in her made her launch 'I Love Edamame', which started with the dream to make edamame available to the masses as an affordable product. Eight years down the line, 'I Love Edamame' is a very popular brand. Shradha herself is a package of positive energy, which is why she launched the brand 'I Love Me', something that she simply lives by.

Tell us something about 'I Love Me'.

It all starts with "I love me", if you can't love yourself, you can't love anything else at all. The day you start practicing self-love, you will start attracting people, circumstances, and situations that love you back. I'm talking about self-love and not about being selfish. That's why 'I Love Me', because each love affair has to start with yourself.

Tell us about your journey and how you got into tarot reading.

Both my daughters were just born and I wanted to find something to pass my time. I started with numerology- the science of numbers. I found it fascinating, I began talking with the people in my life, trying to understand their dates of birth and their energies. After that, I got into tarot, and have never looked back since then. Then I got into Vastu, Feng Shui, energy reading, quantum physics, manifestation, healing, and motivational speaking. All these are branches of the same tree but it all started with numerology, which I started learning almost fifteen years ago.

Are tarot and numerology science or art?

There is a point where science and art coincide, all occult sciences exist at this very point. For instance, the tarot cards are art themselves, the energy in the cards and the energy between the people can be called science, the person reading the cards and the person asking questions become the artists. It's a combination of everything put together.

You have a very elite clientele, what is it that draws them to you? Is it insecurity or the desire for a better future?

Those drawn to me are vibrating in the same field as I am. Whether it's a celebrity or someone well known, they are also in search of something more in their life. Everyone has fears and insecurities, that is a part of it, but most of my clientele wish to look forward to future successes.

What is the one thing we should have at our homes for positive energy?

I'll tell you two things needed for positive energy. The most important thing anyone should have is a positive mind. Secondly, I truly believe in the power of salt. You can sprinkle some pink Himalayan salt at the entrance of your home. When you are feeling low, you can touch the salt, it has a very high vibration. You can take a pink Himalayan salt bath, cleanse the home with this salt. Salt acts as a great energy conductor. Pink Himalayan salt lamps are also easily available online. These can also be kept at your office.

You have a strong clientele in Middle East. What made you foray into this Destination?

I love the Middle East, karmically I am so connected to the Middle East. Travel-wise, it's close to home and the people are so lovely- their culture, the food, and their understanding of what this science is all about.

Give us some tips to keep the mind positive.

Everything depends on how you start your day. Before getting out of bed, you need to sit with yourself for a good ten minutes. You need to thank God and do a prayer of gratitude. When you start your day with gratitude, the energies will lead you to more things to be grateful for. Secondly, no matter where you are or what you are doing, you have to practice the 'hour of the I'. Every day you should spend at least 15 minutes visualizing and manifesting. Write down your goals for the future to create your own reality, spend the rest of the time listening to chants, working out, or whatever it is that makes you feel good. This helps you detach from unnecessary clutter and ground yourself. Throughout the day, keep a check on yourself, by asking questions like: "am I going into a negative zone?", "what can I do to change that?", because if you are not thinking positively, you are thinking negatively.

You have talked about the 21 days that it takes to bring about a change in one's attitude. Tell us about that.

21 days is a habitual phase where the human body-mind-soul, transforms itself. When someone gets a fracture or delivers a baby, the doctors always suggest three-week-long bed rest. Because that's the amount of time it takes your body to get adjusted to something. If we do a 21-day long manifestation, we are making sure that the cells in our body- the memory cells, energy cells, get tuned in that manner and begin to adjust to it. We are essentially training our bodies to get used to a certain pattern.

What exactly is the art of manifestation?

The art of manifestation is like having a magic wand and creating everything you want out of your life with it. I'm saying this with so much conviction because I know I can, I know you can and everybody can. Your every thought becomes a reality. For every thought you put out into the universe, you are receiving energy back. Anyhow, we are manifesting 24 hours a day, 365 days every year. But when we consciously manifest positive things, we attract positive outcomes.

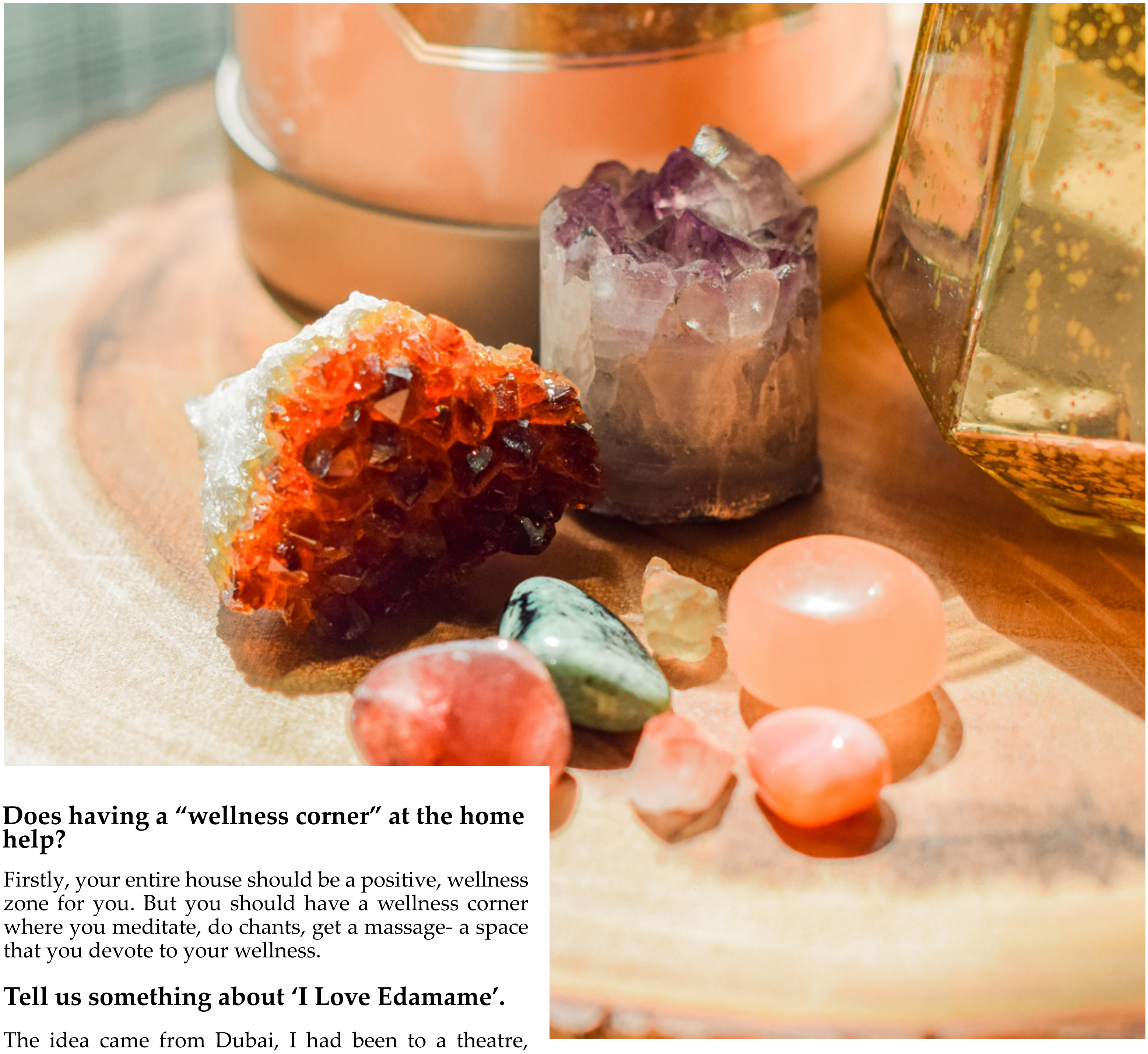
Tell us about your favorite travel destinations, apart from Dubai.

I have traveled a lot within India, I love Jaipur, where I stay at a nice hotel and get pampered. I love Goa, I love to stay at a hotel by the beach and unwind. Abroad, before the lockdown, I was frequenting London. I really enjoy London, it's always great weather there. The second place is Singapore, I have a lot of clients out there and it's a great destination for retail therapy.

What are your favorite spa destinations?

I have had great experiences in Bali, Thailand, and at the Bangkok foot massages. Recently I was at W Goa and had an amazing experience at their spa 'AWAY', they offer sound and chakra healing with an aura cleansing spa in their menu. They cleanse your aura with sage, sandalwood sticks, and do sound healing with the bowls, along with massage therapy. Chakra cleansing and aura cleansing is something that needs to be introduced in more spas.

TAROT
TAROT
THE EMPRESS.



Does having a "wellness corner" at the home help?

Firstly, your entire house should be a positive, wellness zone for you. But you should have a wellness corner where you meditate, do chants, get a massage- a space that you devote to your wellness.

Tell us something about 'I Love Edamame'.

The idea came from Dubai, I had been to a theatre, where they were serving Edamame. I loved the idea of munching on something healthy while watching a movie. I wished to bring the idea to India. It's been eight years now and we are serving pan-India. We are not only supplying to the theatres but also all the retail outlets and high-end restaurants. We are currently not supplying to the Middle East, but it's on the cards.

What tips would you give our readers to stay calm during such difficult times?

The first thing you need to do is declutter and delete. Don't indulge in every news story that comes your way. The most important tip when it comes to mental health is breathing properly. Do 10 to fifteen minutes of proper breathwork, every day. Finally, try and give back to society, as much as you can.

If you hadn't become a numerologist or a tarot reader, what would you be?

Definitely, something to do with food, for sure.

What is your diet and fitness routine like?

I eat right, I am very particular about that. Gluten does not suit me, so I stay away from that. I do have a sweet tooth, when I get those cravings I don't restrict myself, rather I take a bite or two and then stop. I'm not someone who goes for walks in the morning, I'd rather sit down and meditate or do my manifestation ritual. But when the gyms were open, I used to go to the gym and go for pilates. I also try to keep a highly positive mindset.

The Fashion Prodigy: Varoin Marwah

A LOOK AT THE ACE FASHION DESIGNER VAROIN MARWAH'S JOURNEY TO THE TOP.

Varoin Marwah's incredible journey to the pinnacle of the fashion world, started at the young age of 18 when he decided to study at the JD School of Fashion and Design, Delhi. Blessed with an innate sense of fashion and a flair for dressing, Varoin's tryst with the fashion world was already written in the stars. Even the whimsical sketches that spill through the pages of his old sketchbooks are a testament to this fact. Initially, Varoin also dabbled in modeling, and being the one to prove his mettle wherever he goes, Varoin was chosen as one of the top finalists of Grasim Mr. India 2003. He has worked with some of the leading Indian designers in his college days. The experience he earned through his runway and print modeling gigs, helped him gain great insights into the nuances and the nitty-gritty of what actually goes on within the enigmatic world of fashion. Varoin's earliest runway outing was an over-the-top homage to Artisans of the East, which garnered rave reviews from many high-brow critics and fashion buffs. Varoin Marwah debuted his brand at the IIFA Dubai Celebrations in 2012 and has since then established itself as the creme de la crème of the fashion industry.

Varoin believes that fashion is a state of mind. His work is inspired by and dedicated to all the people, emotions, and situations he experiences in his day-to-day life. In other words, an ode to the splendor of the seemingly ordinary things of life. As an individual, his work depicts layers and complexities which are not restricted to a single hue. It's timeless yet time-bound, a harmonious continuum of dualistic elements

Varoin is a globetrotter and can be seen showing off his adroit designs at various fashion weeks around the world. As a designer with a steady pulse for trends and classics, Varoin is a known name among socialites, dignitaries, and celebrities. Celebrities like Ranveer Singh, Varun Dhawan, Arjun Kapoor, Ajay Devgan, Vicky Kaushal, Raj Kumar Rao, Red One have all worn Varoin's designs on various occasions. Varoin has several accolades to his name including CNN's 'Hottest Indian Male Fashion Designer', 'Most Stylish Man of the Year' and 'Fashion Designer of the Year' by Ahlan masala, The International Woolmark Prize Nominee for the entire Middle Eastern region, 'NRI Fashion Designer of the year' at the NRI Achievers' Awards, and was dubbed 'Fashion icon of the Year' by GEN NEXT INDIAN coffee table book.

Handpicked Beauty

THE BEST OF THE BEAUTY WORLD.

la prairie
SWITZERLAND

La Prairie Pure Gold Radiance Cream

This rich luxurious moisturizer ignites the complexion with the radiance of pure gold, returning a glow to the skin that time has extinguished. This cream, infused with the Pure Gold DiffusionSystem, provides nutrients, smooths the skin, evens its texture, comforts and deeply hydrates

Prism Libre Blush by Givenchy

It releases color, boosts your glow, sculpts your face, and naturally enhances your cheeks with utter lightness.

MOLTON
BROWN
LONDON
Relaxing Ylang-Ylang
BODY LOTION
MADE IN ENGLAND

Molton Brown Luxury Body Lotion

Add a little luxury to your day with Molton Brown luxury body lotions. With Molton Brown's new vegan range, you can choose from a range of delicious fragrance types which are vegan and cruelty-free.

HYALURONIC ACID
skin hydrator
RITUALS...

The Ritual of Namaste Hyaluronic Acid Natural Booster

The Ritual of Namaste Hyaluronic Acid Natural Booster is a lightweight and concentrated booster that helps restore the natural moisture balance of your skin and visibly minimize the appearance of fine lines. As it is 99% natural and suitable for all skin types, this water-based beauty treatment can be added to any skincare routine.

GLOWISH
by HUDABEAUTY
MULTIDEW
SKIN TINT
FLUIDE TEINTÉ
40 ML / 1.35 FL OZ

Glowish Multidew Skin Tint

Made with 92.6% naturally derived ingredients, this fragrance-free formula boasts a moisturizing blend of delicious ingredients that hydrates skin for up to 8 hours while seamlessly tinting skin with the perfect level of pearl

Herbal Essentials Miracle Cleanser with Sunflower Oil & Glycerin

People with dry skin, need a hydrating cleanser that contains moisturizing elements This moisturizing balm cleanser leaves your skin feeling clean and moisturized.

RADIANCE • ÉCLAT
HERBAL ESSENTIALS
Himalayan Infused Skincare
MIRACLE CLEANSER
with Sunflower Seed Oil & Glycerin
NETTOYANT MIRACLE
à l'Huile de Tournesol et Glycérine
99%
NATURAL ORIGIN CONTENT • CLEAN SKINCARE
30ml (1.01 fl oz) ℮

MAC Lustreglass Sheer-Shine Lipstick

This lipstick works to build in colors that sway from a barely-there sheer wash to a lusciously luminous and fuller payoff. Its ultra-lightweight, smooth-as-silk texture glides across lips with unbelievable slip to instantly elevate your look – no mirror needed.

WISHFUL
EYE LIFT & SNATCH
INSTANT SCULPTING MASKS
MASQUES LIFTANTS INSTANTANÉS

Wishful Eye Lift & Snatch Sculpting Masks

Made from the same sculpting fabric and cooling active-infused hydrogel as the sell-out beauty must-have, WISHFUL Eye Lift & Snatch Instant Sculpting Masks are also loaded with Huda's go-to natural extracts for under eye brightness. Sweet Almond Oil and Rose, as well as hard-working peptides and plant stem cells are the building blocks of Eye Lift & Snatch Sculpting Masks.

RITUALS...
THE RITUAL OF MEHR
energise your soul
dry oil for your body
sweet orange & cedar wood
3.3 FL OZ / 100 ml ℮

The Ritual of Mehr Body Oil

This Body Mousse-to-Oil magically transforms into a delicate, nourishing oily layer for optimal hydration. Containing energizing sweet orange and soothing cedar wood that will leave the skin feeling silky, soft, and fragrant

Where ART Meets Beauty: The LUXURIANT LA PRAIRIE

LA PRAIRIE'S NEW PURE GOLD COLLECTION FUSES BEAUTY AND ART.

La Prairie's roots can be traced back to the La Prairie Clinic in Montreux, Switzerland – a pioneer in anti-aging cellular therapy. The La Prairie brand offers luxurious skincare lines such as The Caviar Collection and Swiss Cellular De-Agers. La Prairie's beauty conceptions are based on a patented active ingredient complex called Exclusive Cellular Complex that effectively protects the skin against aging and damaging environmental influences. The La Prairie skincare range is complemented by perfumes and an upmarket makeup collection that is marketed in the USA.

PURE GOLD
RADIANCE CONCENTRATE
CONCENTRÉ RADIANCE

PURE GOLD
RADIANCE CREAM
CRÈME RADIANCE

La Prairie shares an imperishable link with the towering Swiss Alps, its eternal muse. Known for its aesthetic decadence, unparalleled class, and zeal for innovation, with the Pure Gold Collection, La Prairie aspires to capture the essence and the soaring majesty of the snow-clad Swiss Alps. Or more precisely, those fleeting moments of twilight, when the sun commences its majestic peregrination, and slowly plunges into the depths of the horizon, splattering its golden hue all around, luring the earth into an ethereal trance- those moments of indelible, artistic grandeur, weaved by nature's imperceptible artists.

La Praire's Pure Gold Collection uses a rare and precious ingredient- gold. Gold is endowed with unique properties found in no other minerals. The multi-sensory experience of the Pure Gold Collection begins with the scintillating formula of the Pure Gold Radiance Concentrate. A rich fluid, it glistens with the promise of the tantalizing sensation to follow. Drop by drop, it melts into the skin, leaving the slightest hint of pure gold resplendence. The snowy opalescence of the Pure Gold Radiance Cream and PureGold Radiance Eye Cream undulates in soft peaks, hinting at the richness contained within. Each Pure Gold Collection creation is imbued with a delicate scent conceived to capture the unique fragrance of Switzerland's soaring summits at dusk.

For this Avante Garde innovation, La Prairie collaborated with Hong Kong-born artist Carla Chan. She was invited to the Swiss luxury house, the magnificent Matterhorn: The Monte Rosa Hut, with stunning vistas of the Swiss Alps, for a unique artist residency experience. It provided her a tranquil space, to contemplate and imbibe the serene aura of the amber-hued Swiss Alps bathed in the golden hour. Carla Chan captured this surreal moment of twilight and birthed the artistic masterpiece – The Pure Gold Collection. The radiant and all-encompassing sun, simmers to a golden glow just before sunset. Then commences the mesmerizing shadow- light play of nature. It is this moment, when all lines are transfigured by the golden beams of light that Carla Chan showcases in her work: Space between the Light Glows.

la prairie
SWITZERLAND

la prairie
SWITZERLAND

REVEALED-
The Secret to ETERNAL WELL-BEING

STRESSED ABOUT AGEING? HERE'S AN INTRODUCTION TO THE REAL FOUNTAIN OF YOUTH, AND HOW YOU CAN ACCESS IT.

By Lovina Gidwani

What was your reaction the last time you noticed any of the following?

- A strand of white hair while combing your hair.
- Fine lines on your face, which were never there before.
- Your eyes looking puffy and tired.

Did you feel some panic? Did your heart skip a beat at the thought of growing old?

In today's beauty-obsessed world, while some people associate ageing with losing beauty, to others, getting older may also trigger serious anxieties about becoming sick or dying. Fear of ageing is one of the most common worries people have today. As much as we may deny it, aren't we all in our unique ways, seeking solutions for eternal youth and immortality?

Fountain of Youth

If the truth is told, humankind throughout history and cultures has looked for the preservation of youth. There was a strong belief in the "Fountain of Youth" whose magical springs could stop ageing; restore the youth of anyone who drank or bathed in its waters. Tales of such a fountain is recounted across the world for thousands of years.

16th-century Spanish explorer, Juan Ponce de León, was a man utterly obsessed with the Fountain of Youth. His quest for eternal life drove him and his men through many suicide missions, for just a sip of this magical water.

So did Ponce ever find this Fountain?

Alas, he never did.

If he had, he would still be alive and humans would have unraveled the secret of eternal youth. In the 21st century, although we may not risk our lives for youth, we continue to be consumed with a desire to turn back the clock.

In a society that is intrinsically driven by achievement, youth and beauty also take center stage as indicators of social worthiness. It's no wonder then that "youth" is valued more than "age" and it's enriching experiences; causing people to dread ageing.

Susan Whitbourne, PhD, who has also been president of the American Psychological Association's Division on ageing has cautioned against getting bogged down by all the hype about age. She says that, "Thinking about ageing can drive you mad as there is nothing we can really do as the clock is going to tick away."

Is there really nothing we can do to defy age?

If we accept our minds and bodies are connected in exceptional ways; the possibilities are limitless! Ellen Langer, a young Harvard psychology professor, made a stunning discovery, "Without knowing someone's chronological age, science cannotpinpoint how old someone is." This study revealed the transformative power of the human mind and how it is possible to reverse the ageing process both psychologically and physically.

In this landmark 1979 "counter-clockwise" study, a group of elderly men were placed in an environment that was set in a style 20 years prior- the year of 1959. The interiors of the place were designed to reflect the customs and conditions of that year: including a black-and-white TV, old furniture, magazines and books from that era. The men were then asked to act like they were in 1959 and also asked to recall memories from that year in the present tense.

This fascinating study revealed, how just over a week, by challenging cultural cues about ageing psychologically, many signs of ageing appeared to reverse physically too. The men not only started looking and feeling younger but also demonstrated a noticeable improvement in hearing, eyesight, memory and ability. The "aha" moment of this study was when those men who came using canes, and were dependent on the help of their children; left the place under their power, carrying their suitcases!

An Ageless Lifestyle Tip - I quote the beautiful words of Sophia Loren, "There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

What triggered this fascinating transformation?

By letting the men revisit their past, the mind also started functioning optimally, to trigger biological responses as that of younger persons and similar to how they were earlier. Langer and her students treated these men as individuals rather than "old people" and pushed them beyond their comfort zone to perform all tasks, as they would have as young men.

This pressure liberated the men from the shackles of societal "cultural cues" of how old people are expected to behave. It helped them psychologically to push the boundaries of their chronological age and thus transformed them biologically too!

Ageing or Ageless?

The truth is both: with each year, every moment, one breath and one wrinkle at a time, we all are ageing. But, when we firmly believe that our chronological age is just another number, we push the limitations of our mind and embark on a joyous journey of "ageless living."

We embrace an "ageless lifestyle" and accept our inevitable "ageing" with renewed respect and positivity. Irrespective of our age we learn to love life and all its varied adventures, we come to the deep understanding that our mind and emotions profoundly impact our health, happiness, energy, productivity and all of life's important decisions.

An "ageless lifestyle" is one of continuous inspiration, growth and making conscious choices for our health and wellbeing. This lifestyle needs no magic pills, surgeries or fad diets! Eating healthy, managing stress, getting enough rest, staying productive, nurturing relationships, laughing often, doing regular exercise is all part of a naturally ageless life, at the heart of which is not just a progressive mindset but also one that is open to unlimited possibilities.

Let us defy age. Let us scan our horizons for endless breaths of true life. And, in subsequent articles, I will show you how. Until then, don't forget to embrace your "inner child" each day and enjoy every moment of this beautiful life.

Lovina Gidwani

With over 2 decades of experience in helping people and companies with "Preventive Wellness" strategies to expand their health and life spans, Lovina is a Wellpreneur® - Spa Consultant, Gourmet Nutritionist, Menopause and Ageless Lifestyle Coach.

The Pursuit of ZEN

TECHNIQUES BY AN EXPERT PSYCHOLOGIST ON HOW TO STAY MENTALLY BALANCED DURING THE PANDEMIC.

During such testing times, it's easy to be overwhelmed by life's mundane concerns and ignore one's mental health. However, maintaining mental wellness has become the need of the hour. Whether it's being secluded from society or feeling overwhelmed by the negativity that seems to haunt us through television screens and social media, staying mentally balanced during the pandemic has proven to be an uphill battle.

Here are a few techniques suggested by Tanya Dharamshi, Clinical Director and Counselling Psychologist at Priory Wellbeing Centre, Dubai, that can help you sail through this pandemic unscathed. Tanya Dharamshi is a Canadian and USA-trained counseling psychologist with over 20 years of experience. She is a certified cognitive-behavioral therapy (CBT) therapist, EMDR therapist, marriage therapist, and executive co-active coach. These techniques will help you manage anxiety and self-care during the ongoing pandemic:

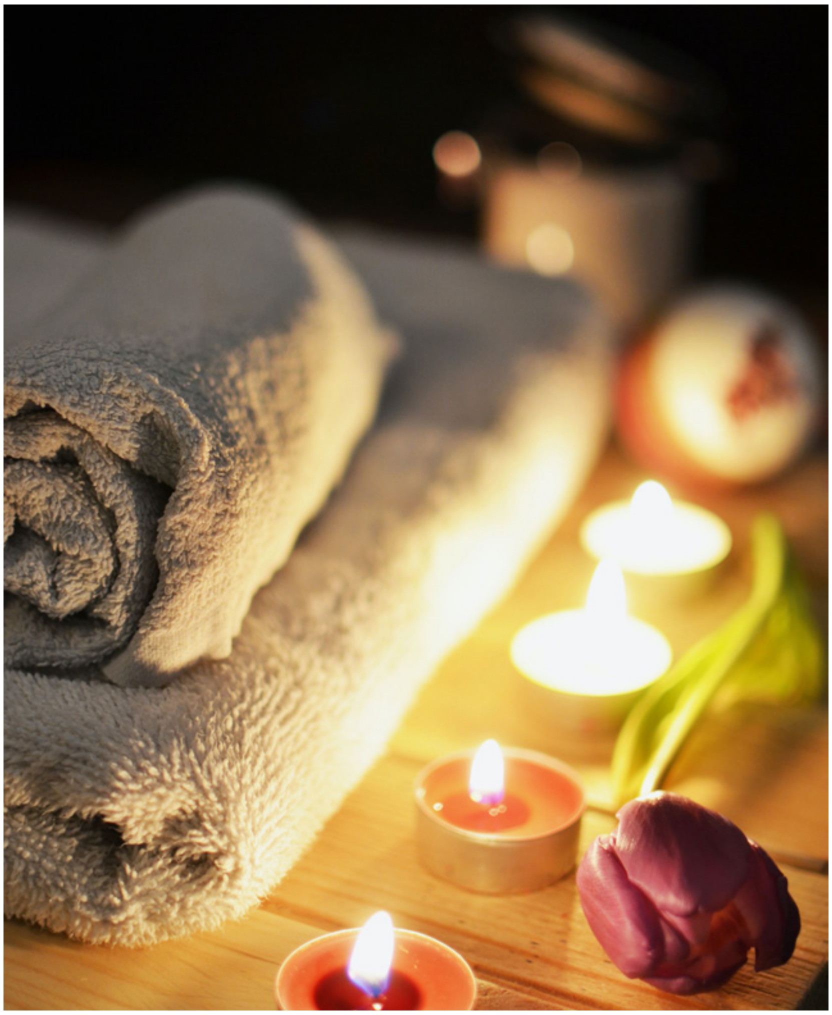
1. Regain a sense of order- While you may feel the current pandemic is out of your control, there are ways and means of regaining a sense of control and order at home. Have a clear out of cupboards, wardrobes, toy boxes, books, the fridge etc. Recycling unwanted things and refreshing aspects of your home will help provide a sense of achievement and a sense of calm where there was previously chaos and excess.

2. Create a social 'bubble'- Now that restrictions have eased, having a dedicated 'bubble' of friends you can connect with, share a meal or coffee with, allows for the human connectivity we all need and which has been removed from our lives since the start of the pandemic.

3. Limit media exposure- While it is important to stay updated with reliable information from the government and official health organisations about preventing and managing the infection outbreak, you could limit your exposure to non-stop 24/7 news and social media, which can exacerbate stress and worry because of the constant barrage of information and statistics. Keep up-to-date by checking just once or twice a day, or receive filtered updates from friends/family.

4. Dress to impress- Be strict and try to stick to your 'normal' daytime hours and routine as much as possible. Get dressed and out of your nightwear/ loungewear every day and have intention. If you're working from home, get out of "home clothes". No matter your plans for the day, both will psychologically lend to the feeling of purpose and productivity, help avoid the 'drifting' sense of the days and ensure a mindset of purpose and meaning.

5. Enjoy family mealtimes- Mealtimes provide the perfect way to 'check-in' with family members and enjoy some quality time together. Take the time to prepare and cook meals together and even try out new recipes. Make a point of dressing-up for dinner at the weekend – this can help to psychologically mark the end of the working week and help make the weekend feel more special.



6. Communicate- Whether with family, friends or work colleagues, it's so important to stay connected via technology such as WhatsApp, Snapchat and Zoom daily. Supportive chats and messages are a great way to help keep morale and spirits up during this challenging time. This will also help allay any feelings of anxiety and stress where work is concerned and add some sense of office 'normality'.

7. Learn to relax- Being able to relax will help you through the coming weeks and days. When you're tense you tend to dwell on things and make them worse and this can negatively impact both your home and work life. If you are well enough, exercise is really good. Look for online classes or courses to help you take light exercise in your home. Find music that helps boost your mood. If you are able, get into your garden and get daily doses of sunshine. Take the time to do the things that you've always wanted to do for yourself and embrace the opportunity to reflect on the positive impact of a slower paced life. Anything that allows your mind time to 'switch-off' for a set period of time, will help you to re-focus and remain calm.

VOLUNTEER
FRAGILE

8. Me-time- All of us, but mums in particular, should try to set aside 'me-time' no matter how limited. Being at home with children all day, every day, can be exhausting both mentally and physically, especially when home schooling is thrown into the mix. Ensure you have some time alone each day to 're-set' and 're-boot'. Whether it's having a bath, or calling a friend for a catch-up, this time is essential for preserving your mental health and wellbeing. Children will benefit far more from a relaxed and happy parent, than one who is stressed-out, impatient, short-tempered and exhausted.

9. A healthy body really does help encourage a healthy mind- So, it's key to follow a healthy diet, to keep hydrated, get enough sleep and stay active throughout the day. Stick to your usual routine and day-to-day activities where you can.

10. We're in this together- Take a step back and remind yourself that this is a collective experience and one which we need to work together to help manage. There are ways and means we can try to help limit its impact.

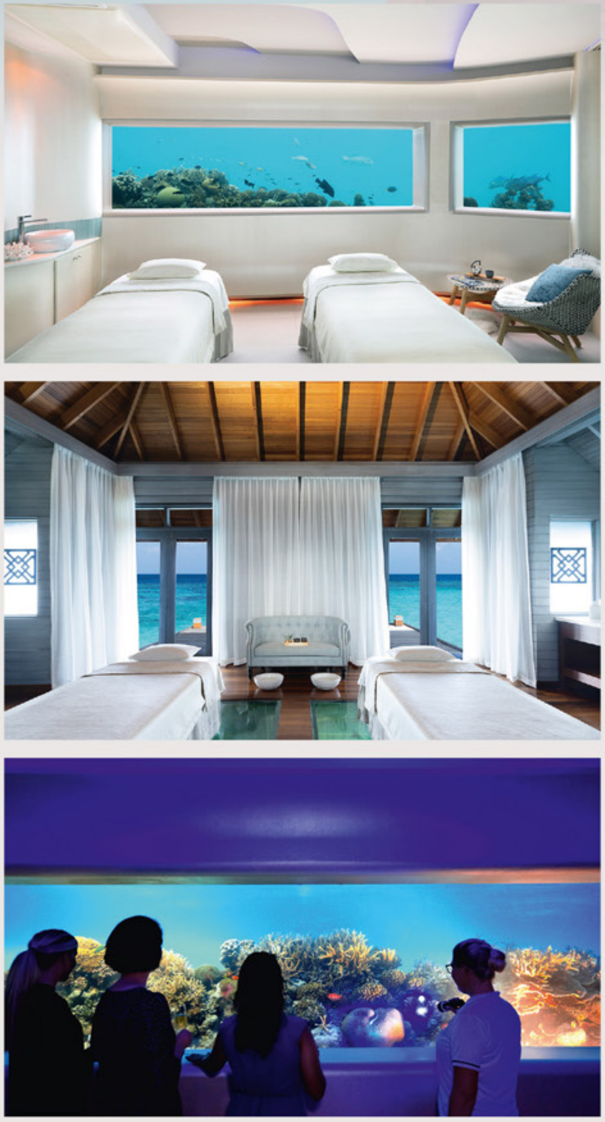
11. Help those in need- Turn your attention towards others who may need your help, particularly those with limitations, aged 60 years and above, and those with underlying health conditions, who are most at risk. Providing help and support to others where you can help shift focus away from your own worries and concerns and in turn help reduce anxiety levels. Even just a phone call to reach out and connect brings a feeling of community care.

12. Keep things in perspective- Adhere to the recommended guidelines relating to precautionary measures to keep yourself and your family protected and remember, many of us affected will experience only mild symptoms and will make a full recovery. This situation is not 'normal' and will come to an end.

13. Reach out - Virtual therapy is a good way to seek support and engage with a therapist if you are not able to cope or manage. These are unprecedented times and it is perfectly normal to feel a range of emotions at this time as well as grief over the loss of your freedom. Engaging with a therapist that is using a confidential platform, can allow you the space to experience the emotions and understand them, allowing you to move through this time without having a long-term impact on your mental health.

VOLUNTEER
FOOD
AID

HUVAFEN FUSHI
MALDIVES



HUVAFEN SPA

A WORLD OF INFINITE WELLNESS AWAITS

Rejuvenate and restore. Soothe and inspire. The Huvafen Spa is a refuge for body and soul. Expert practitioners cultivate wellness and a lasting sense of calm with massages, facial treatments and full-body therapies. Here, modern techniques meet Maldivian traditions.

UNDERWATER

Step eight metres below the surface to a secret underwater world. Welcome to the first – and only – underwater spa treatment rooms in the world. Once-in-a-lifetime experiences. Only at Huvafen Fushi.

OVERWATER

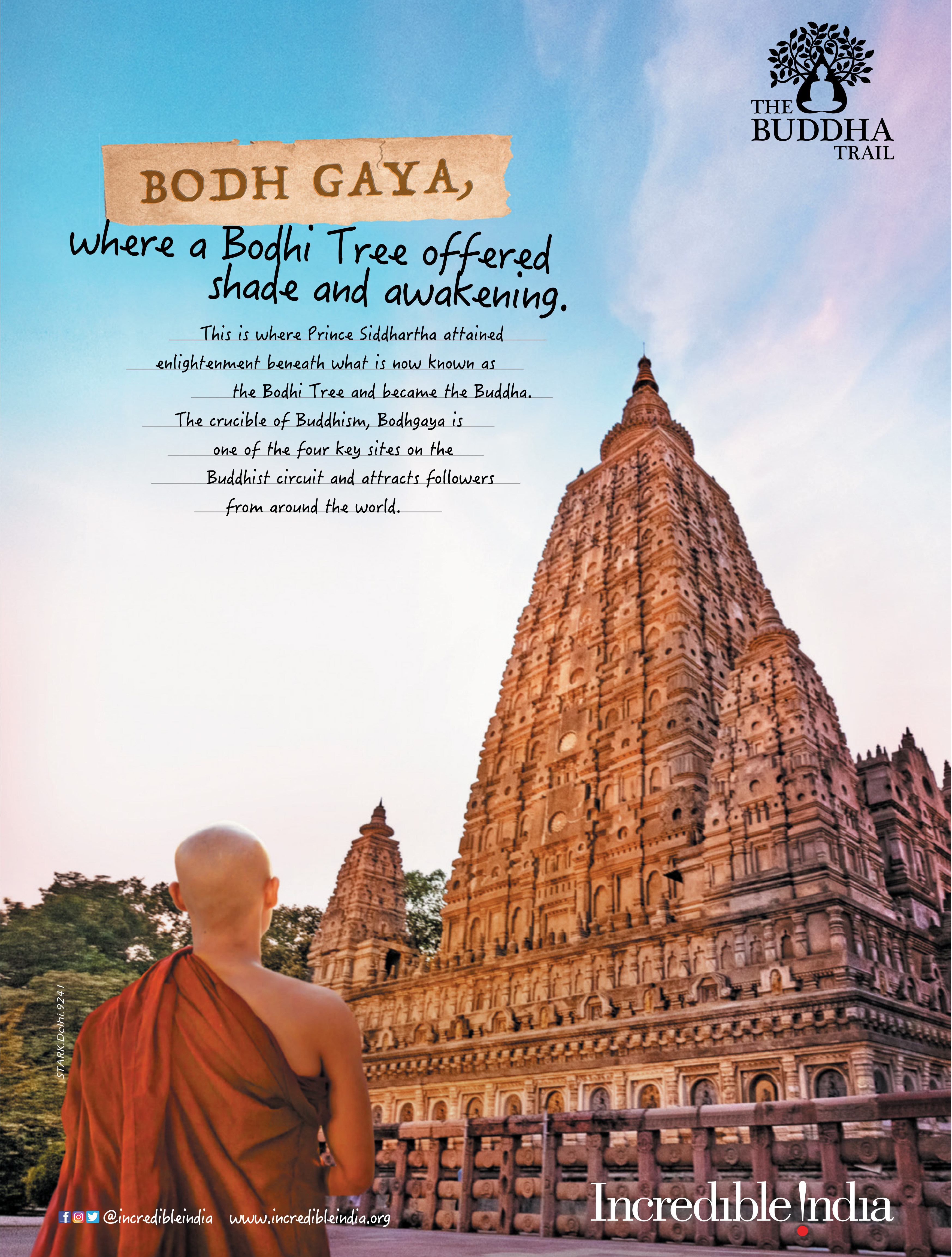
Treatment pavilions poised above water, be drawn into the soothing surroundings around you. Feel the calming aura. Listen to the waves lapping. Gaze through the glass floor windows as you drift into a state of serenity

SPAQUARIUM

Discover the enchanted sublimity of the underwater spa. Enter a twinkling world of bioluminescent coral and night-time marine life. Watch the reef come alive as you sip champagne. A perfect sanctuary.

www.huvafenfushi.com

SMALL
LUXURY
HOTELS
OF THE WORLD



THE
BUDDHA
TRAIL

BODH GAYA,

where a Bodhi Tree offered shade and awakening.

This is where Prince Siddhartha attained enlightenment beneath what is now known as the Bodhi Tree and became the Buddha. The crucible of Buddhism, Bodhgaya is one of the four key sites on the Buddhist circuit and attracts followers from around the world.

STARK Delhi.9241

@incredibleindia www.incredibleindia.org

Incredible India